

# Captiva Elliptical

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**Yowza Technical Support: 877-969-9240**

**Serial Number:** \_\_\_\_\_

**Original Sales Order #** \_\_\_\_\_

**Purchase Date:** \_\_\_\_\_

## PRECAUTIONS

### Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

### Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

### Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

### Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

### User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 350Lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

## POWER REQUIREMENTS

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

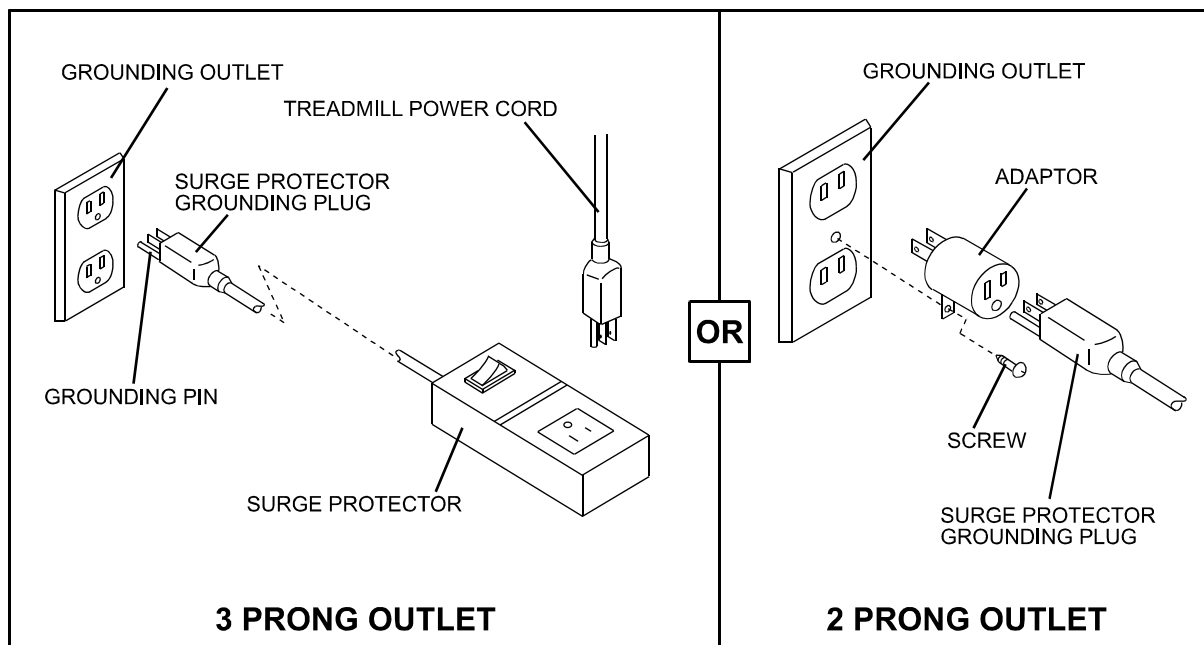
This cross trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of cross trainer damage, always use a surge protector (not included) with your cross trainer.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This cross trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the cross trainer malfunction. This cross trainer is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



## BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

**Product-Scope:** This product is made for home use only and tested up to a maximum body weight of 400lbs.

**Product-Performance:** This ergo meter is speed independent, i.e. the performance is independent from pedal frequency.

**Product-Feature:** The resistance can be changed by the computer.

- **Use-Scope:** The exerciser may not be used by persons with a weight of over 400lbs.
- **Use-Scope:** This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- **Use-Environment:** Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- **Use-Environment:** Ensure that sufficient space is available to use the home exerciser.
- **Use-Environment:** Place the home exerciser on an even, non-slippery surface.
- **Use-Environment:** Please ensure that liquids or perspiration never enter the machine or electronic.
- **Use-Environment:** Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- **Use-Environment:** The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- **User-Health:** Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- **User-Health:** Incorrect/excessive training can cause health injuries.
- **User-Health:** If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- **Product-Preparation:** Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- **Product-Preparation:** Follow the steps of the assembly instruction carefully.
- **Product-Preparation:** Only use suitable tools for assembly and ask for assistance if necessary.
- **Product-Preparation:** Only use original Yowza parts as delivered (see checklist).
- **Use-Preparation:** Tighten all adjustable parts to prevent sudden movement while training.
- **Use-Instruction:** Please follow the advice to correct training as detailed in the training instructions.
- **Use-Instruction:** Do not use the home exerciser without shoes or loose shoes.
- **Use-Safety:** Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- **Use-Safety:** Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- **Use-Safety:** Make sure the front wheels are placed in the correct position: see assembly instruction.
- **Product-Power-Safety:** The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- **Product-Maintenance:** If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- **Product-Maintenance:** Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- **Product-Maintenance:** Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- **Product-Maintenance:** Only use original Yowza spare parts.
- **Product-Maintenance:** Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- **Product-Maintenance:** Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

## SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
341	Incline Frame Lower Cover – Rear	2
342	Incline Frame Lower Cover – Front	2
701	Action Arm Lower Cover	4
702	Pedal Arm Front Pivot Cover	2
703	Incline Frame Front Cover	1
704	Undercarriage Cover – Left	1
705	Undercarriage Cover – Right	1
708	Incline Frame Holder – Front	2
709	Water Bottle Holder	1
710	Moving Handlebar Assembly – Left	1
711	Moving Handlebar Assembly – Right	1
G	Chest Belt	1
H	Power Cord	1
A1	Button Control Panel Assembly	1
A2	Console Upright Assembly	1
A3	Incline Frame Assembly	1
A4	Main Frame Assembly	1

341



342



701



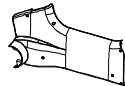
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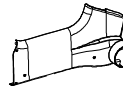
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705



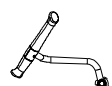
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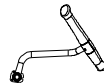
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711



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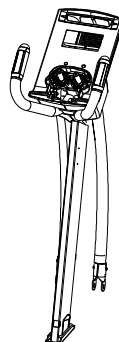
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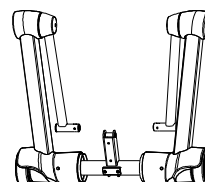
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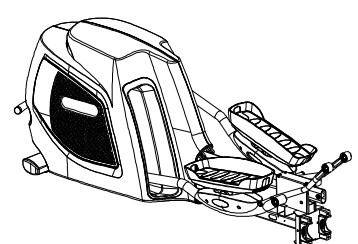
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A3



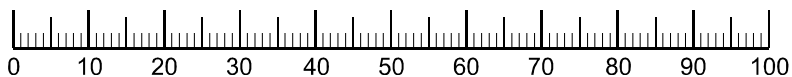
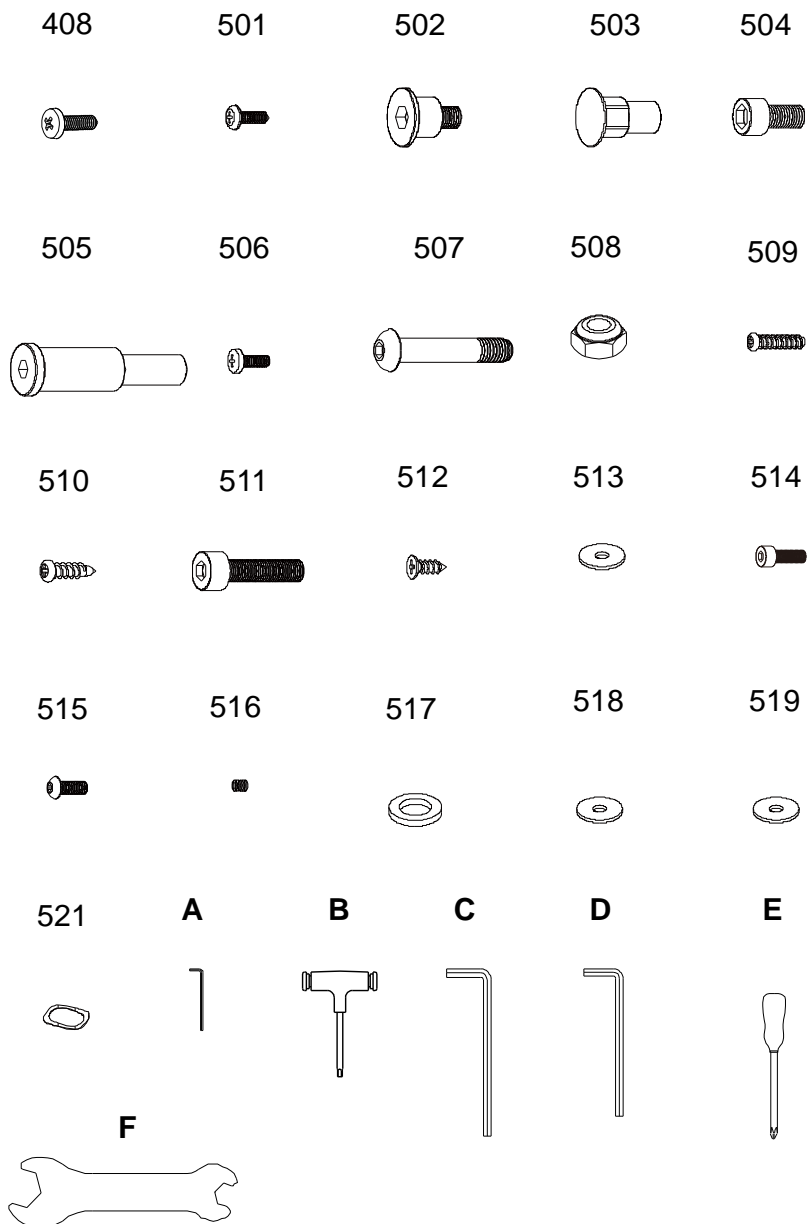
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## SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
408	4x15mm Screw – Cone point	4
501	4x12mm Screw – Cone Point	5
502	15x22 – M8x10mm Bolt	2
503	15x26 – M8x15mm Bolt	2
504	M8x16mm Allen Head CAP Bolt	4
505	20x78 – M14x35mm Bolt	2
506	4x12mm Screw – Flat Point	4
507	M10x56mm Allen Head Bolt	1
508	M10 Nylon Nut	1
509	4x19mm Screw	3
510	4.5x15mm Screw	8
511	M10x40mm Allen Head CAP Bolt	4
512	4x12mm Screw	2
513	8x27x2mm Washer	2
514	M6x20mm Allen Head Bolt	6
515	M8x20mm Allen Head Bolt	2
516	M5x6mm Screw	2
517	10x16x2mm Spring Washer	4
518	4x13x1mm Washer	1
519	8x27x1mm Plastic Washer	2
521	20.7x29.1x0.3mm Wave Washer	2
A	2.5mm Allen Key	1
B	5mm Allen Key	1
C	8mm Allen Key	1
D	6mm Allen Key	1
E	Screwdriver	1
F	13&17 Wrench	1



MILLIMETERS

## PART LIST

CAPTIVA-100				
	101	Console Support Tube	1	CAPTIVA-101
	102	Moving Handlebar – Left	1	CAPTIVA-102
	103	Moving Handlebar – Right	1	CAPTIVA-103
	104	Moving Linkage – Left	1	CAPTIVA-104
	105	Moving Linkage – Right	1	CAPTIVA-105
	106	Pedal Arm – Left	1	CAPTIVA-106
	107	Pedal Arm – Right	1	CAPTIVA-107
	108	Pedal Swing Arm	2	CAPTIVA-108
	109	Incline Frame	1	CAPTIVA-109
	110	Incline Transmission Tube-Front	1	CAPTIVA-110
	111	Incline Transmission Tube-Back	1	CAPTIVA-111
	112	Main Frame	1	CAPTIVA-112
	114	Electro-magnetic System Bracket	1	CAPTIVA-114
	115	Tension Wheel Bracket	1	CAPTIVA-115
	116	Pedal Support Base	2	CAPTIVA-116
	117	Pedal Buffer Set	2	CAPTIVA-117
	118	Action Arm – Left	1	CAPTIVA-118
	119	Action Arm – Right	1	CAPTIVA-119
	120	Cover Support Tube	1	CAPTIVA-120
CAPTIVA-200				
	206	Incline Frame Holder – Rear	2	CAPTIVA-206
	211	Bearing 2201	2	CAPTIVA-211
	212	Bearing 608zz	8	CAPTIVA-212
	213	Moving Linkage Bushing	4	CAPTIVA-213
	214	Bearing 6804	12	CAPTIVA-214
	215	Bearing 2203	2	CAPTIVA-215
	216	Pedal Fixing Base	2	CAPTIVA-216
	217	Bearing 6205	4	CAPTIVA-217
	218	Bushing 25.6x28.6x50mm	2	CAPTIVA-218
	219	Bushing 16x22.2x10.7mm	4	CAPTIVA-219
	220	Bushing 18x12mm	2	CAPTIVA-220
	221	Flywheel Pivot	1	CAPTIVA-221
	222	Bearing 6003	2	CAPTIVA-222
	223	Aluminum Disk	1	CAPTIVA-223
	224	Flywheel	1	CAPTIVA-224
	225	Bearing 6300	2	CAPTIVA-225
	226	Crank	2	CAPTIVA-226
	227	Crank Disk	1	CAPTIVA-227
	228	Crank Disk Oval Cap	1	CAPTIVA-228
	229	Crank Pivot Bushing	2	CAPTIVA-229
	230	Bearing 6005	2	CAPTIVA-230
	231	Crank Disk Pivot	1	CAPTIVA-231
	232	Bearing Holder	1	CAPTIVA-232
	233	Belt	1	CAPTIVA-233
	234	Level Adjuster	2	CAPTIVA-234
	235	Control Board Base	1	CAPTIVA-235

## PART LIST

	236	Speed Sensor Base	1	CAPTIVA-236
	239	Overlay	1	CAPTIVA-239
	240	Button Overlay	1	CAPTIVA-240
<b>CAPTIVA-300</b>				
	301	Handlebar End Cap	2	CAPTIVA-301
	302	Hand Pulse Sensor Cover – Bottom	2	CAPTIVA-302
	303	Hand Pulse Sensor Cover –Top	2	CAPTIVA-303
	304	Button Cover – Top	1	CAPTIVA-304
	305	Button Cover – Bottom	1	CAPTIVA-305
	306	Console Bottom Cover – Left	1	CAPTIVA-306
	307	Console Bottom Cover – Right	1	CAPTIVA-307
	308	Fan Cover	1	CAPTIVA-308
	309	iPod Dock Bracket Holder	2	CAPTIVA-309
	310	Console Top Cover	1	CAPTIVA-310
	311	Pivot Cap	2	CAPTIVA-311
	312	Action Arm Drive Gear	2	CAPTIVA-312
	313	Moving Handlebar Drive Gear	2	CAPTIVA-313
	314	Adjustable Vane	1	CAPTIVA-314
	315	Moving Handlebar Cover – Top	2	CAPTIVA-315
	316	Moving Handlebar Cover – Bottom	2	CAPTIVA-316
	317	Moving Handlebar Cover – Inside	2	CAPTIVA-317
	318	Moving Handlebar Cover – Outside	2	CAPTIVA-318
	319	Switch Plate	1	CAPTIVA-319
	320	Pedal Soft Cushion	2	CAPTIVA-320
	321	Left Pedal	1	CAPTIVA-321
	322	Fan Bracket – Top	1	CAPTIVA-322
	323	Fan Bracket – Bottom	1	CAPTIVA-323
	324	Pedal Buffer Cover	4	CAPTIVA-324
	325	Vent Cover – Rear	1	CAPTIVA-325
	326	Rear Shroud Inlet – Left	1	CAPTIVA-326
	327	Rear Shroud Inlet – Right	1	CAPTIVA-327
	328	Lift Handlebar End Cap	2	CAPTIVA-328
	329	Pedal Swing Arm Cap	2	CAPTIVA-329
	330	Incline Frame Positioner	1	CAPTIVA-330
	331	Wheel Cap 112x41.5mm	2	CAPTIVA-331
	332	Wheel Cap 46x12mm	2	CAPTIVA-332
	333	Wheel 140x51.86mm	2	CAPTIVA-333
	334	Bearing Bracket	2	CAPTIVA-334
	335	Control Board Cover	1	CAPTIVA-335
	336	Oval Tube Cap	2	CAPTIVA-336
	337	Vent Cover – Left	1	CAPTIVA-337
	338	Rear Shroud – Left	1	CAPTIVA-338
	339	Rear Shroud – Right	1	CAPTIVA-339
	340	Vent Cover –Right	1	CAPTIVA-340
	341	Incline Frame Lower Cover – Rear	2	CAPTIVA-341
	342	Incline Frame Lower Cover – Front	2	CAPTIVA-342
	343	Incline Frame Top Cover – Rear	2	CAPTIVA-343



## PART LIST

344	Incline Frame Top Cover – Front	2	CAPTIVA-344
345	20x32x7.2mm Bushing	2	CAPTIVA-345
346	iPod Dock Bracket Cover – Top	1	CAPTIVA-346
347	iPod Dock Bracket Cover – Bottom	1	CAPTIVA-347
348	Handlebar Grip Foam	2	CAPTIVA-348
349	Right Pedal	1	CAPTIVA-349
350	PC Board Frame	1	CAPTIVA-350
351	iPod Bracket	1	CAPTIVA-351
352	Pedal Rear Cushion	2	CAPTIVA-352
<b>CAPTIVA-400</b>			
401	8x27x2mm Washer	2	CAPTIVA-401
402	3x12mm Screw – Cone Point	4	CAPTIVA-402
403	Taper Fixing Insert	40	CAPTIVA-403
404	M8x16mm Allen Head CAP Bolt	4	CAPTIVA-404
405	8x14xT2.0mm Spring Washer	12	CAPTIVA-405
406	M10x20mm Allen Head Cap Bolt	4	CAPTIVA-406
407	4x15mm Screw – Flat Point	8	CAPTIVA-407
408	4x15mm Screw – Cone Point	4	CAPTIVA-408
409	4x12mm Screw – Flat Point	4	CAPTIVA-409
410	M8x20mm Screw	2	CAPTIVA-410
411	4x12mm Screw – Cone Point	39	CAPTIVA-411
412	M32 C Clip	2	CAPTIVA-412
413	12x20x2mm PU Washer	2	CAPTIVA-413
414	M6x12mm Allen Head Bolt	10	CAPTIVA-414
415	M8x20mm Allen Head Bolt	2	CAPTIVA-415
416	M8x15mm Allen Head Bolt	14	CAPTIVA-416
417	M8 Nylon Nut	11	CAPTIVA-417
418	M8x20mm Bolt	4	CAPTIVA-418
419	Bushing 12 x 60mm	4	CAPTIVA-419
420	M8x90mm Allen Head Bolt	4	CAPTIVA-420
421	M12 C Clip	2	CAPTIVA-421
422	12x20x0.5mm Plastic Washer	2	CAPTIVA-422
423	4.5x15mm Screw	2	CAPTIVA-423
424	M6x12mm Allen Head CAP Bolt	3	CAPTIVA-424
425	6x10x1mm Spring Washer	11	CAPTIVA-425
426	20x6x1.5mm Washer	3	CAPTIVA-426
427	M42 C Clip	2	CAPTIVA-427
428	M8x16mm Bolt	8	CAPTIVA-428
429	M10x20mm Bolt	4	CAPTIVA-429
430	10x16x2mm Spring Washer	8	CAPTIVA-430
431	10x30xT3.0 Washer	3	CAPTIVA-431
432	M4 Nylon Nut	2	CAPTIVA-432
433	M10 Nylon Nut	3	CAPTIVA-433
434	8x27x1mm Plastic Washer	2	CAPTIVA-434
435	16x25xT3.0 Washer	4	CAPTIVA-435
436	M10x40mm Allen Head Bolt	1	CAPTIVA-436
437	M6x12mm Screw	6	CAPTIVA-437
438	17x22xT1.5mm Plastic Washer	3	CAPTIVA-438
439	M8x50mm Allen Head CAP Bolt	2	CAPTIVA-439

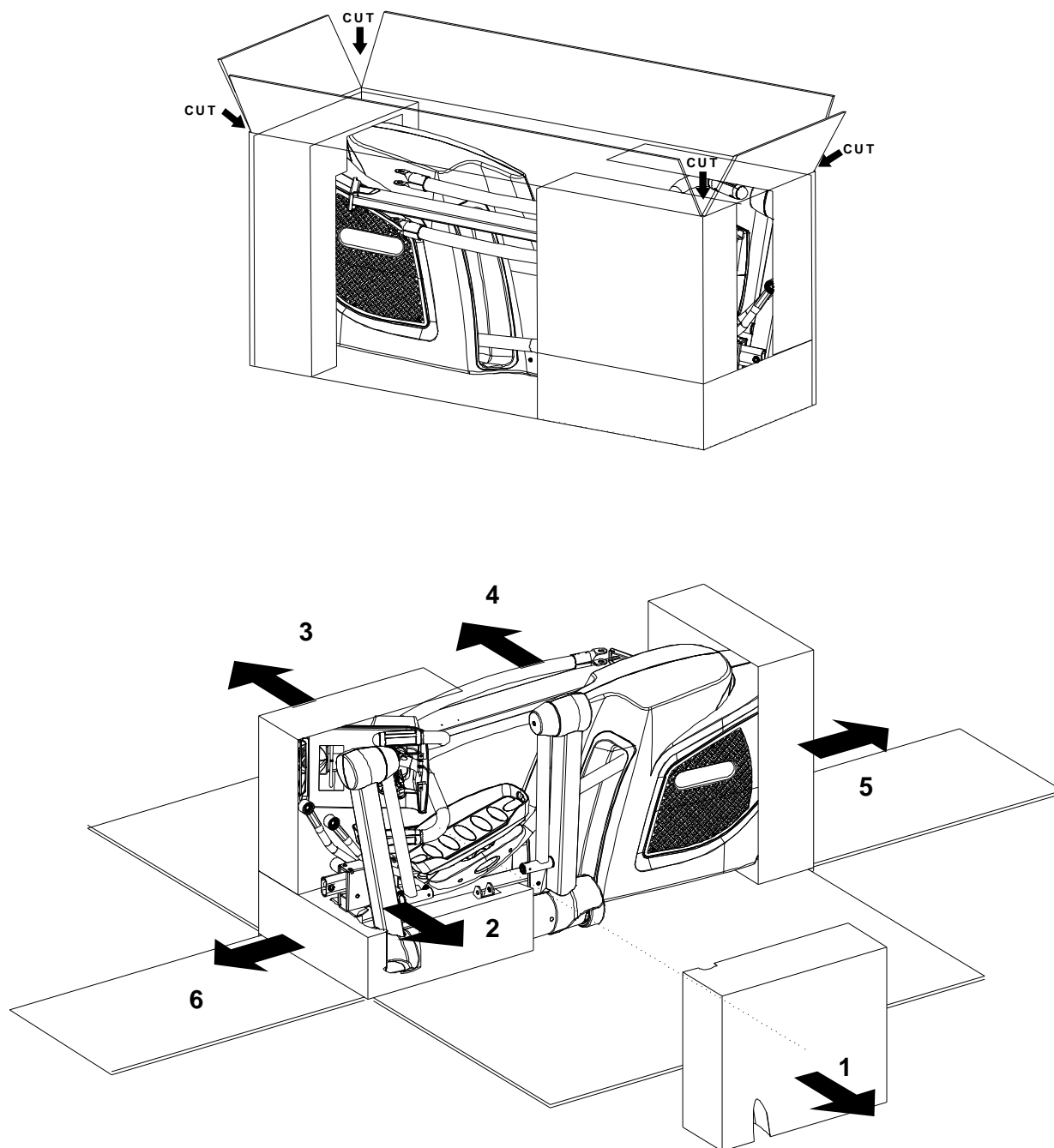
## COMPUTER OPERATION

440	32x6x2.0 Washer	1	CAPTIVA-440
441	Bearing Bushing 10.2x16x8mm	2	CAPTIVA-441
442	M10x45mm Bolt	1	CAPTIVA-442
443	M10x95mm Allen Head CAP Bolt	1	CAPTIVA-443
444	M12x20mm Allen Head Bolt	2	CAPTIVA-444
445	Pedal Arm Pivot	2	CAPTIVA-445
446	3/4" Nut	2	CAPTIVA-446
447	M8x30mm Allen Head CAP Bolt	2	CAPTIVA-447
448	M4x15mm Screw	2	CAPTIVA-448
449	4x25mm Screw	2	CAPTIVA-449
450	M3x16mm Screw	2	CAPTIVA-450
451	M4x45mm Allen Head CAP Bolt	1	CAPTIVA-451
452	M5x8mm Allen Head Bolt	2	CAPTIVA-452
453	M4x6mm Screw	4	CAPTIVA-453
454	Pin Nut	4	CAPTIVA-454
455	M4x45mm Screw	2	CAPTIVA-455
456	M3x8mm Screw	2	CAPTIVA-456
457	Iron Plate Nut	12	CAPTIVA-457
458	M5x12mm Screw	2	CAPTIVA-458
459	M8x45mm Bolt	3	CAPTIVA-459
460	8x16xT1.0mm Washer	3	CAPTIVA-460
461	M6 Nylon Nut	6	CAPTIVA-461
462	20x27x2mm Washer	4	CAPTIVA-462
463	C Clip	2	CAPTIVA-463
464	M6x30mm Allen Head Bolt	6	CAPTIVA-464
465	6x14.5–M5x6.5mm Bolt	2	CAPTIVA-465
466	4x8mm Screw	4	CAPTIVA-466
467	M5x15mm Screw	1	CAPTIVA-467
468	M5 Nut	6	CAPTIVA-468
469	5mm Lock Washer	1	CAPTIVA-469
470	6x8x8mm Rubber Washer	2	CAPTIVA-470
471	M5x50mm Bolt	3	CAPTIVA-471
472	4x15mm Screw	8	CAPTIVA-472
473	3x12mm Screw – Cone Point	2	CAPTIVA-473
474	4x12mm Screw – Flat Point	10	CAPTIVA-474
476	M3x10mm Screw	8	CAPTIVA-476
477	M5x10mm Screw	4	CAPTIVA-477
478	M6x10mm Screw	2	CAPTIVA-478
481	17.2x22x1mm Washer	2	CAPTIVA-481
<b>CAPTIVA-500</b>			
501	4x12mm Screw – Cone Point	5	CAPTIVA-501
502	15x22–M8x10mm Bolt	2	CAPTIVA-502
503	15x26–M8x15mm Bolt	2	CAPTIVA-503
504	M8x16mm Allen Head CAP Bolt	4	CAPTIVA-504
505	20x78–M14x35mm Bolt	2	CAPTIVA-505
506	4x12mm Screw – Flat Point	4	CAPTIVA-506
507	M10x56mm Allen Head Bolt	1	CAPTIVA-507
508	M10 Nylon Nut	1	CAPTIVA-508
509	4x19mm Screw	3	CAPTIVA-509
510	4.5x15mm Screw	8	CAPTIVA-510

## EXPLODED DIAGRAM

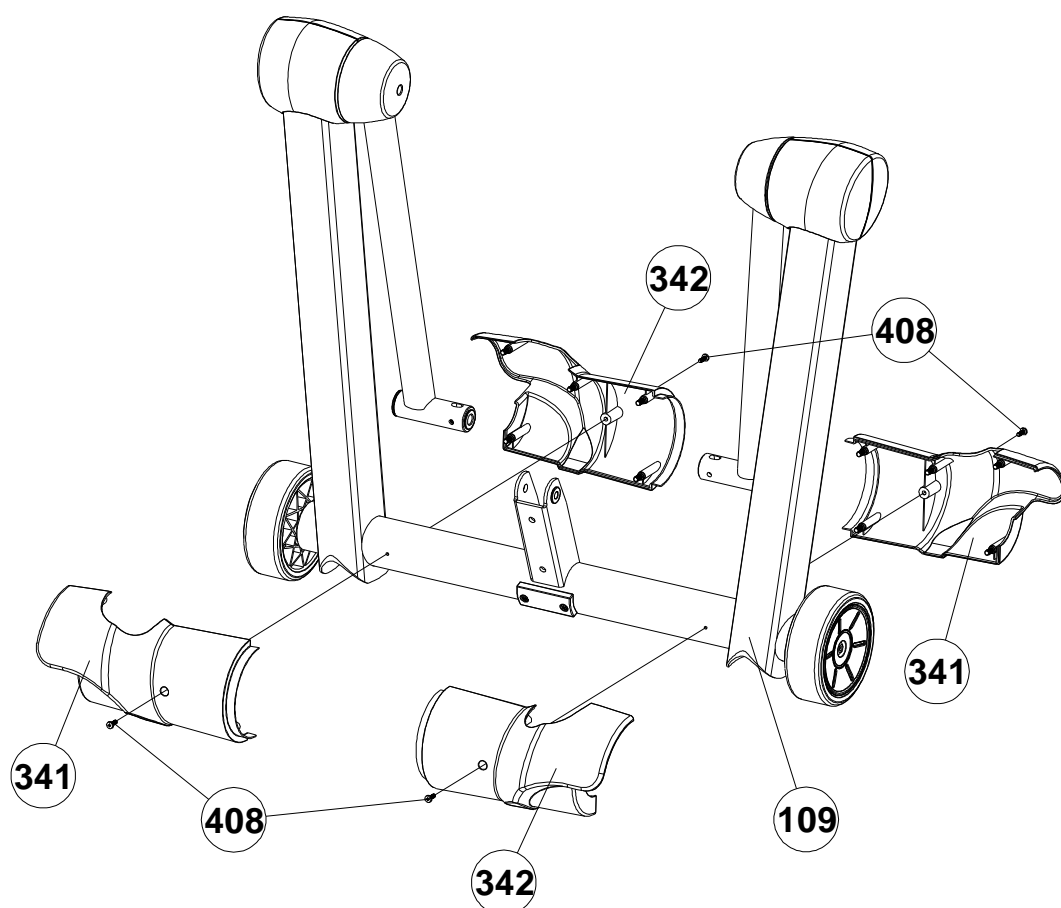
511	M10x40mm Allen Head CAP Bolt	4	CAPTIVA-511
512	4x12mm Screw – Cone Point	2	CAPTIVA-512
513	8x27x2mm Washer	2	CAPTIVA-513
514	M6x20mm Allen Head Bolt	2	CAPTIVA-514
515	M8x20mm Allen Head Bolt	6	CAPTIVA-515
516	M5x6mm Screw	2	CAPTIVA-516
517	10x16x2mm Spring Washer	4	CAPTIVA-517
518	4x13x1mm Washer	1	CAPTIVA-518
519	8x27x1mm Plastic Washer	2	CAPTIVA-519
521	20.7x29.1x0.3mm Wave Washer	4	CAPTIVA-521
<b>CAPTIVA-600</b>			
601	8Pin Power Wire – Upper	1	CAPTIVA-601
602	8Pin Power Wire – Lower	1	CAPTIVA-602
604	Elector-magnetic Wire	1	CAPTIVA-604
605	Power Connection Wire	3	CAPTIVA-605
606	3C Power Wire	1	CAPTIVA-606
607	Hand Pulse Sensor Wire – Upper	2	CAPTIVA-607
609	Hand Pulse Sensor Wire – Lower	2	CAPTIVA-609
610	PC Board	1	CAPTIVA-610
612	Receiver Wire	1	CAPTIVA-612
613	Button PC Board	1	CAPTIVA-613
614	Fan	1	CAPTIVA-614
615	Receiver	1	CAPTIVA-615
616	Elevation Motor	1	CAPTIVA-616
617	Speed Sensor	1	CAPTIVA-617
618	Transformer	1	CAPTIVA-618
619	Control Board	1	CAPTIVA-619
620	Power Insert	1	CAPTIVA-620
621	Power Switch	1	CAPTIVA-621
622	Power Breaker	1	CAPTIVA-622
623	Elector-magnetic System	1	CAPTIVA-623
624	Magnetic Sensor	1	CAPTIVA-624
629	6Pin iPod dock Connection Wire	1	CAPTIVA-629
630	Button Board Connection Wire – Upper	1	CAPTIVA-630
631	Button Board Connection Wire – Lower	1	CAPTIVA-631
632	iPod dock	1	CAPTIVA-632
633	Speaker	2	CAPTIVA-633
634	Amplifier PC board	1	CAPTIVA-634
635	5Pin Amplifier Power Connection Wire	1	CAPTIVA-635
<b>CAPTIVA-700</b>			
701	Action Arm Lower Cover	4	CAPTIVA-701
702	Pedal Arm Front Pivot Cover	2	CAPTIVA-702
703	Incline Frame Front Cover	1	CAPTIVA-703
704	Undercarriage Cover – Left	1	CAPTIVA-704
705	Undercarriage Cover – Right	1	CAPTIVA-705
706	Nylon Bushing	2	CAPTIVA-706
708	Incline Frame Holder – Front	2	CAPTIVA-708
709	Water Bottle Holder	1	CAPTIVA-709
710	Moving Handlebar Assembly	1	CAPTIVA-710
711	Moving Handlebar Assembly	1	CAPTIVA-711

## ASSEMBLY



- (A) Remove your crosstrainer from the carton and place it on the floor in an open area.
- (B) Remove the crosstrainer and all the components and hardware from the box.
- (C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6.
- (D) Carefully separate all parts by size and type. This is critical as many are of similar size and shape. Use supplied ruler to size.
- (E) After verifying inventory, if any parts are missing, please contact Yowza fitness at 877-969-9240.

## STEP1 ASSEMBLY



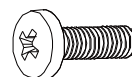
STEP 1a) Attach the Incline Frame Lower Cover (341, 342) to the incline frame.

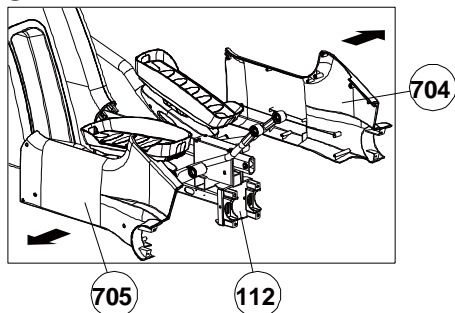
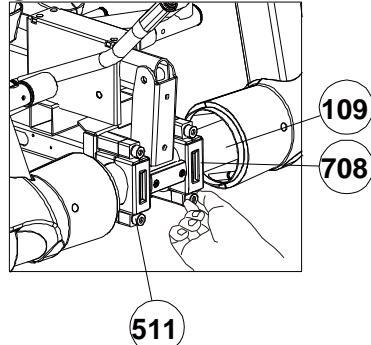
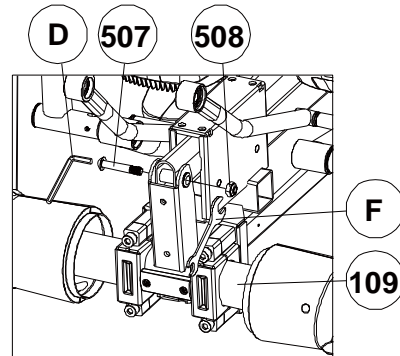
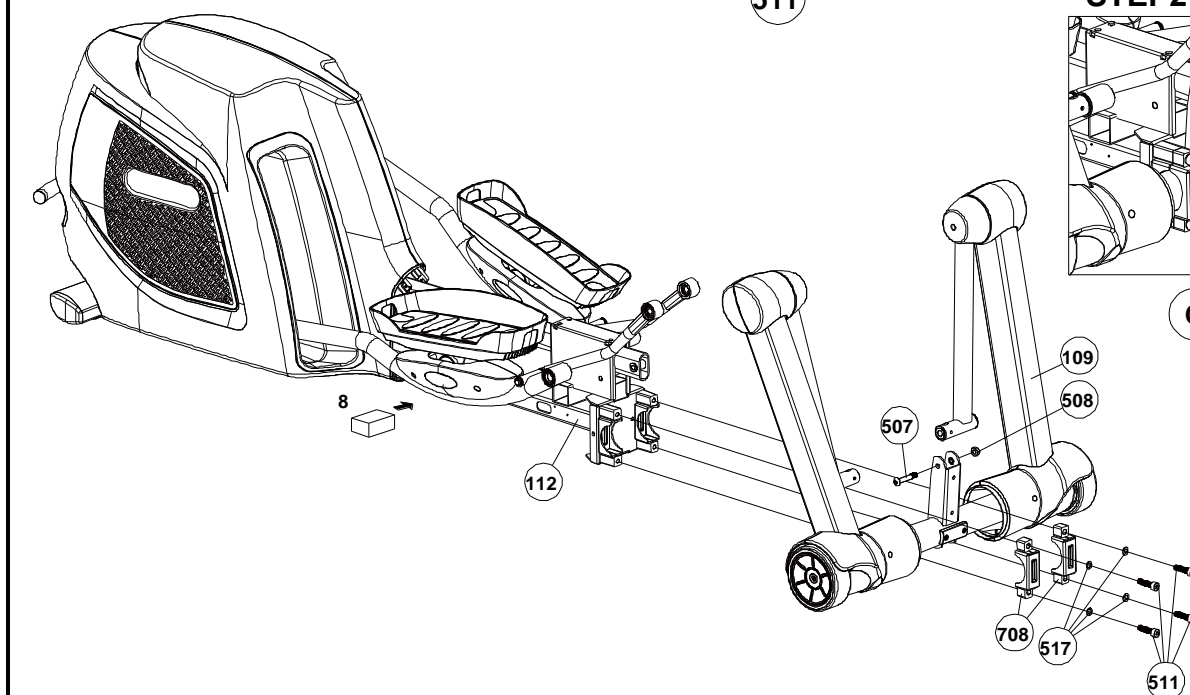
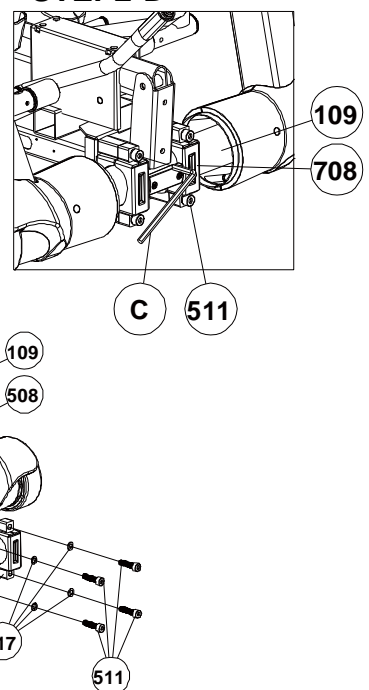
STEP 1b) Carefully snap pieces together using plastic guides.

STEP 1c) Secure using cone point screw (408).

**408**

**X4**



**STEP2 ASSEMBLY****STEP2-A****STEP2-B****STEP2-C****STEP2-D**

**STEP2-A).** Remove the Undercarriage Cover (704, 705) by carefully lifting pedal Assembly and removing each piece one at a time. Be careful not to snap Plastic push pins when taking apart. Place Styrofoam block (8) under Main Frame tube to provide clearance for positioning of Main Frame (112) for Assembly. Verify that rear incline frame holder (206) is securely tightened to Main Frame (112).

**STEP2-B).** Attach Incline Frame Set to the Main Frame, and hold the Incline Frame Holder – Front (708) to the Incline Frame (109), secure using Allen head CAP Bolts (511) with Spring Washer (517) on the Incline Frame Holder.

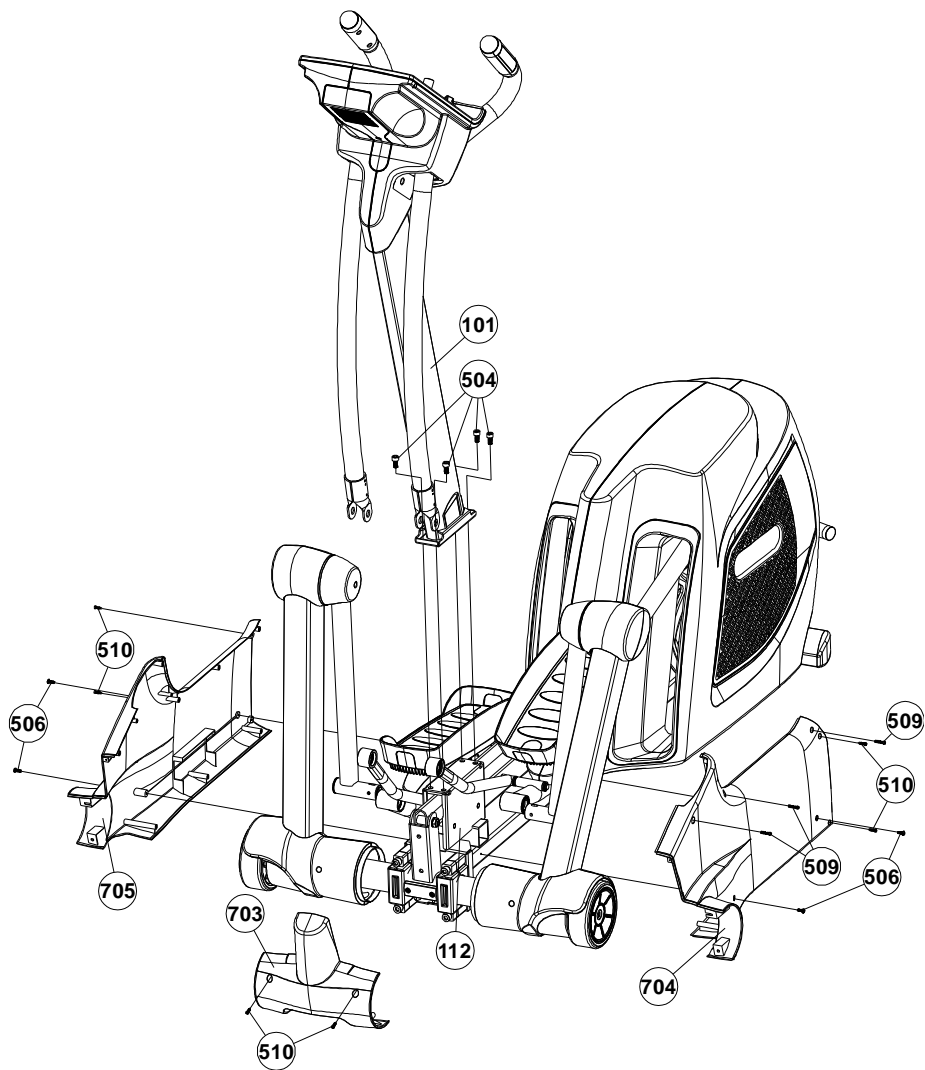
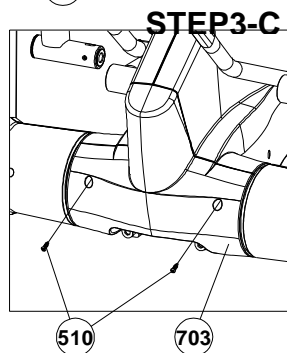
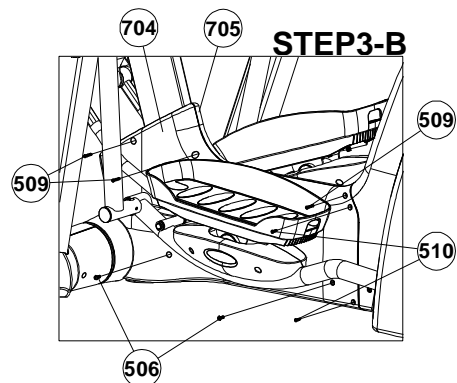
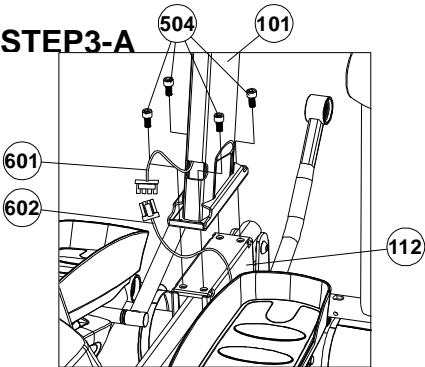
**Don't fully tighten Allen Head CAP Bolt (511) until STEP2-D**

**STEP2-C).** Rotate the Incline Frame (109) to align the bolt holes with the mating bolt Holes in the Incline Transmission Tube-Front (110). Assemble the Incline Transmission Tube-Front (110) to the Incline Frame (109) with Allen Head Bolt (507), Nylon Nut (508), and by 8mm Allen Key (C) and Wrench (D).

**Fully tighten the Allen Head Bolt (511) by 8mm Allen Key.**

<b>511</b>	<b>X4</b>	
<b>517</b>	<b>X4</b>	
<b>507</b>	<b>X1</b>	
<b>508</b>	<b>X1</b>	

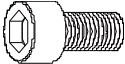



STEP3 ASSEMBLY

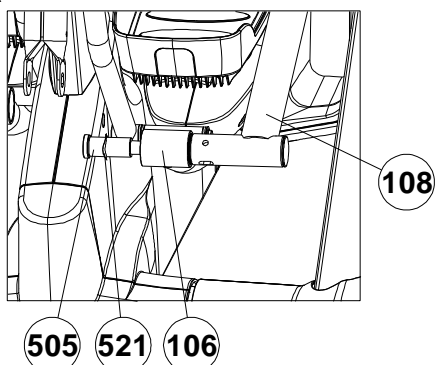
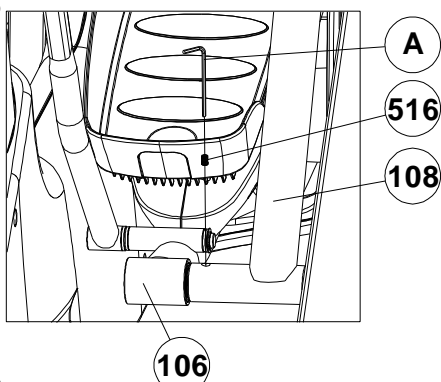
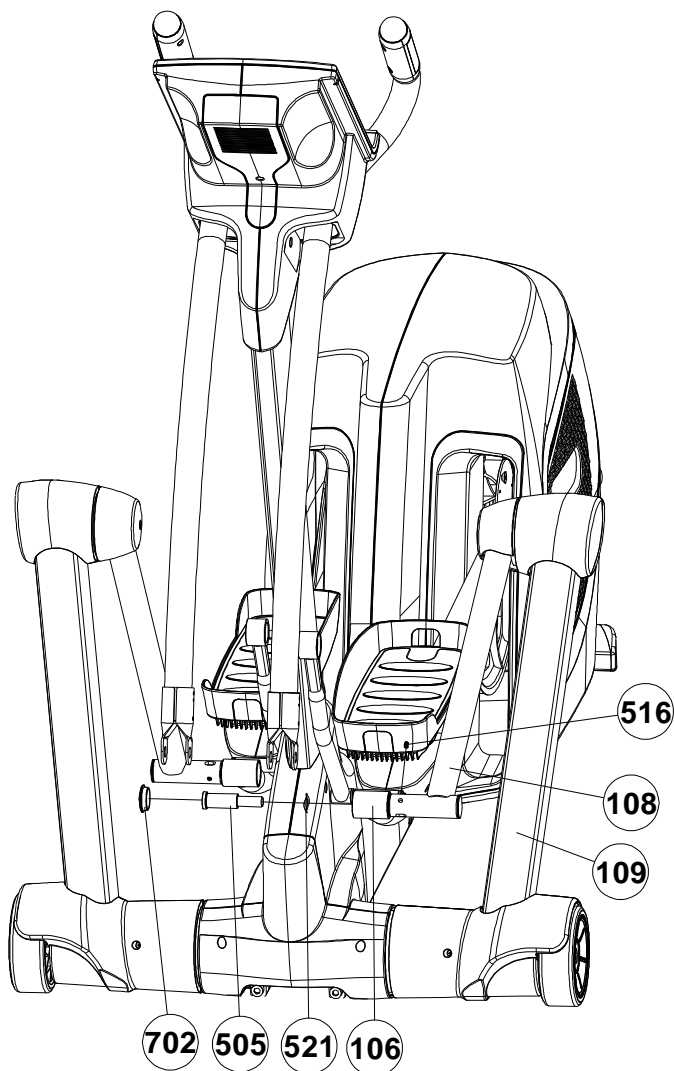
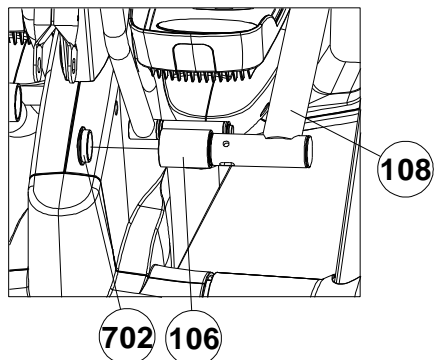


STEP3-A). Assemble the Console Support Tube (101) to the Main Frame and secure Using four Allen Head CAP Bolts (504). Connect the 8Pin Power Wire – Upper (601) to 8Pin Power Wire – Lower (602) by sliding plastic extrusion on connector under plastic clip on second connector .

STEP3-B). Lift the Pedal Arm and attach the Undercarriage Cover (719, 720) to the Main Frame, and secure using Flat point screw (506), Screw (509), Screw (510).

STEP3-C). Attach the Incline Frame Front Cover (703) to the Incline Frame and secure Using two Screws (510).

504	X4	
506	X4	
509	X3	
510	X6	

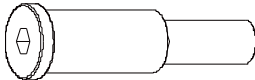


**STEP4 ASSEMBLY****STEP4-A****STEP4-B****STEP4-C**

STEP4-A). Slide the 20x78 Bolt (505) through the Wave Washer (521), Pedal Arm, and Pedal Swing Arm (108) then secure by 8mm Allen Key (C).

STEP4-B). Secure the Back Out Screw (516) to the Pedal Swing Arm (108) using the 2.5mm Allen Key (A)

**NOTE: PLEASE FULLY TIGHTEN Screw (516).**

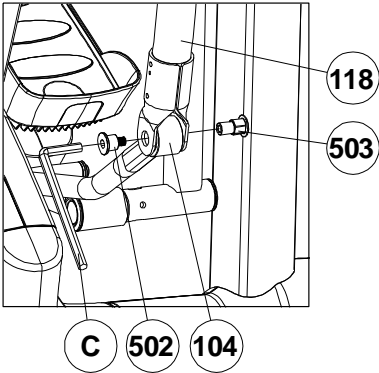
STEP4-C). Press the Pedal Arm Front Pivot Cover (702) into the ends of the Pedal Arm.

<b>505</b>	<b>X2</b>	
<b>521</b>	<b>X2</b>	
<b>516</b>	<b>X2</b>	

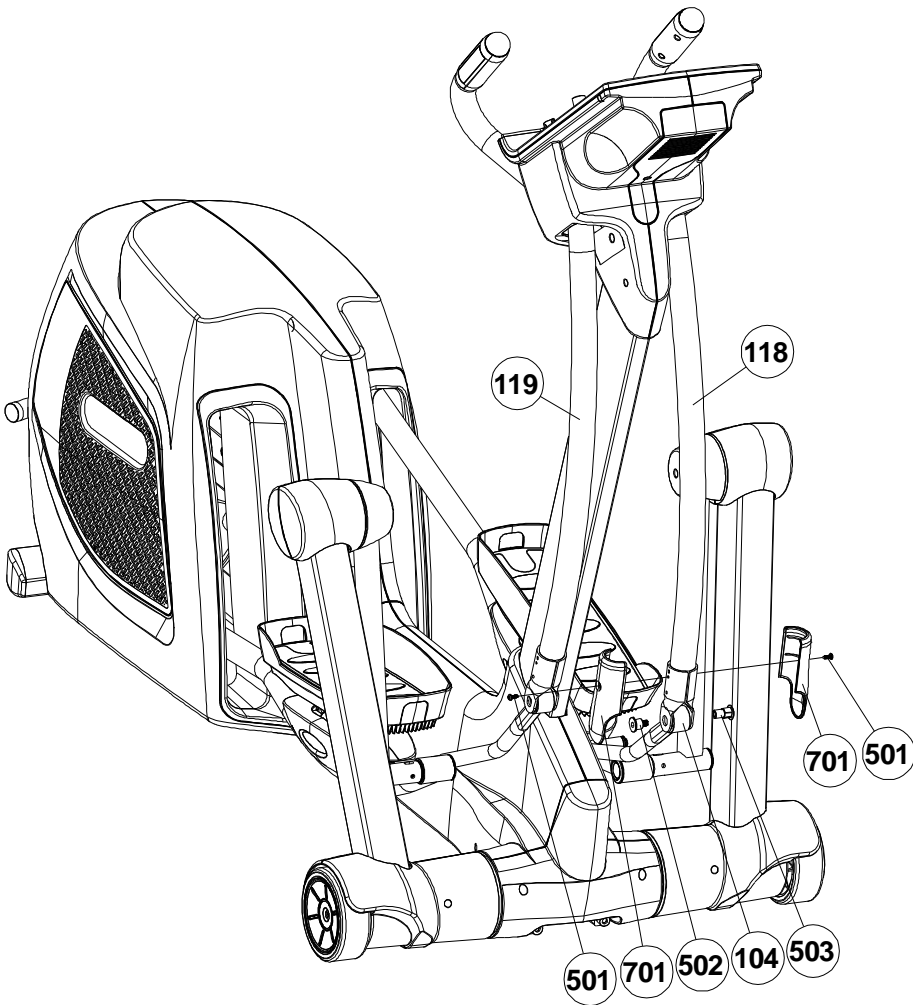
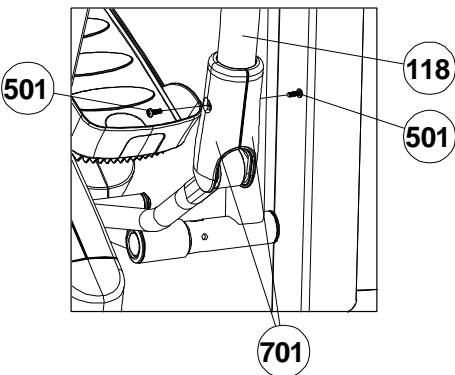


STEP5 ASSEMBLY

STEP5-A



STEP5-B



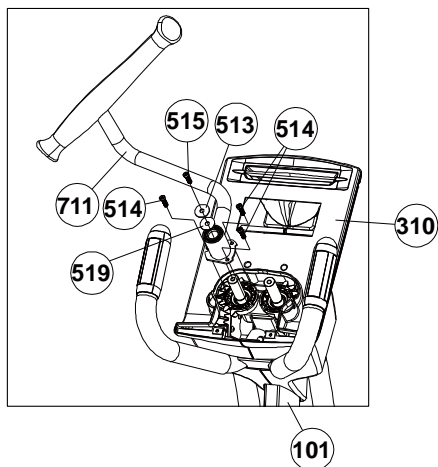
STEP5-A). Connect the Action Arm to the Moving Linkage and secure using the M8x10mm Bolt (502) and M8x15mm Bolt (503) by 8mm Allen Key (C). Do not over tighten or squeaking may occur.

STEP5-B). Assemble the Action Handlebar Lower Cover (701) to the Action Handlebar and secure using the Cone Point Screw (501).

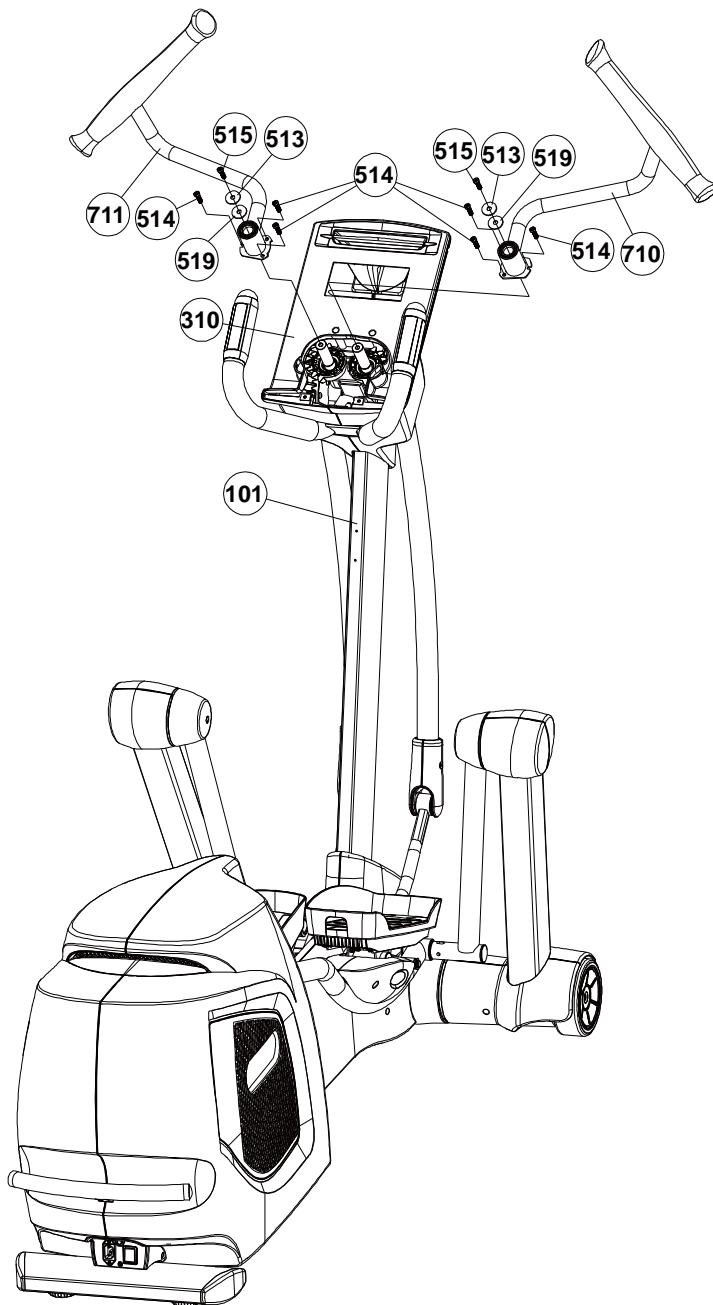
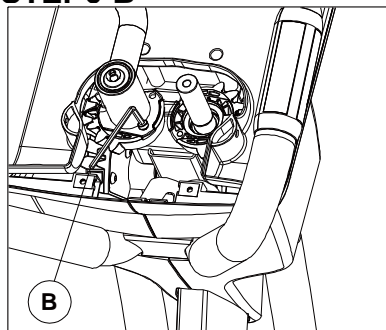
502	X2	
503	X2	
501	X4	

## STEP6

## STEP6-A







## STEP6-B

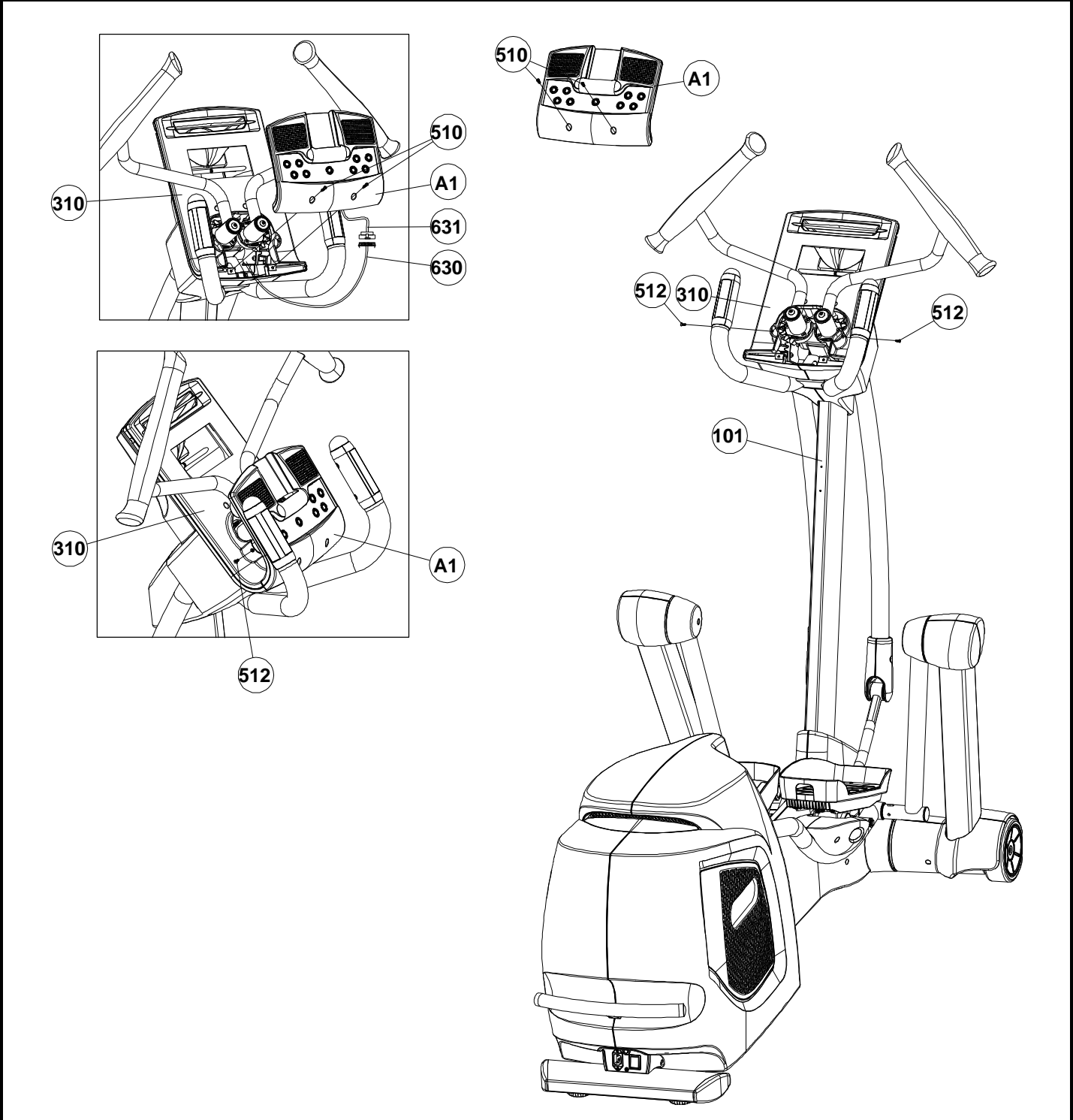


**STEP6-A).** Attach the Moving Handlebars one at a time making sure they line Up with cut outs. Secure each handlebar with the three Allen head Bolts (514) and Allen Head Bolt (515) with Washer (513) and Washer (519) to hold the moving handlebar.



STEP6-B). Fully tighten the Allen Head Bolts (514) by 5mm Allen Key (B).

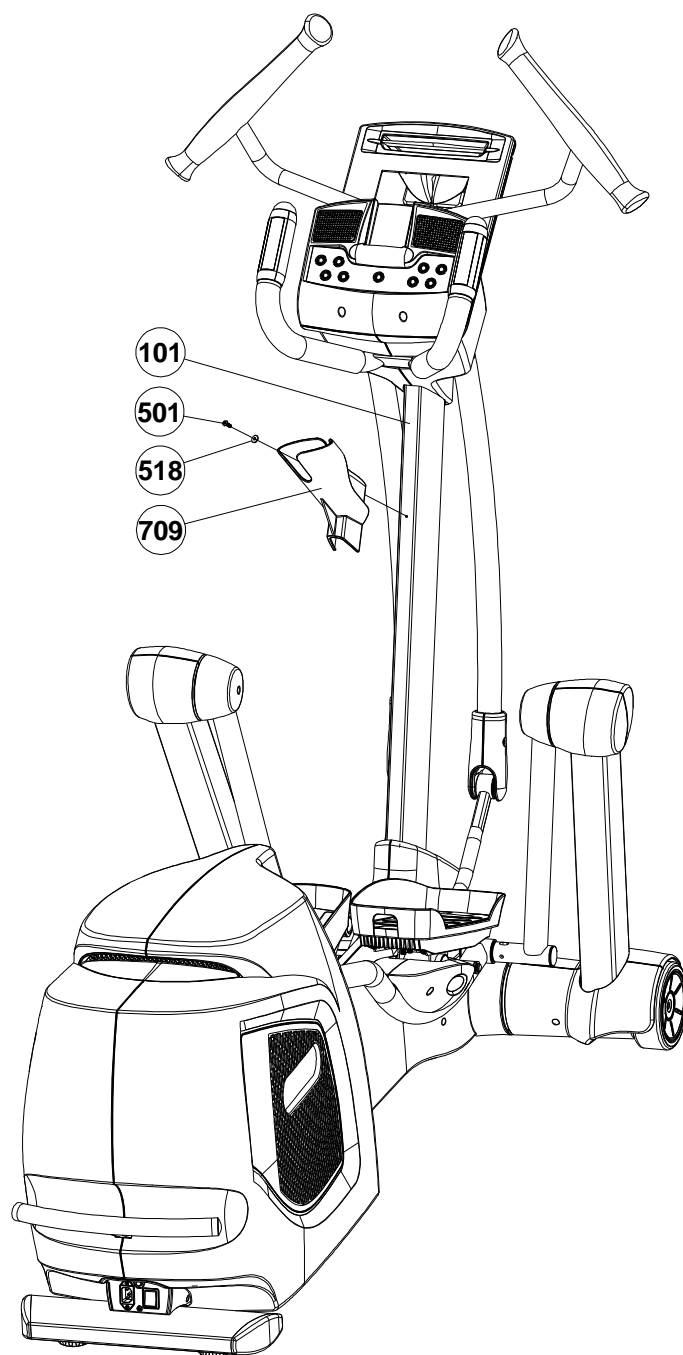
<b>514</b>	<b>X6</b>	
<b>515</b>	<b>X2</b>	
<b>513</b>	<b>X2</b>	
<b>519</b>	<b>X2</b>	

STEP7 ASSEMBLY



- STEP7-A). Connect 8 pin connectors by carefully sliding connector with plastic Extrusion under plastic clip on second connector.
- STEP7-B). Attach the Button Control Panel (A1), and secure using Screw (510).
- STEP7-C). Use Screw (512) to hold the Button Control Panel on left and right side to the corresponding hole in plastic.

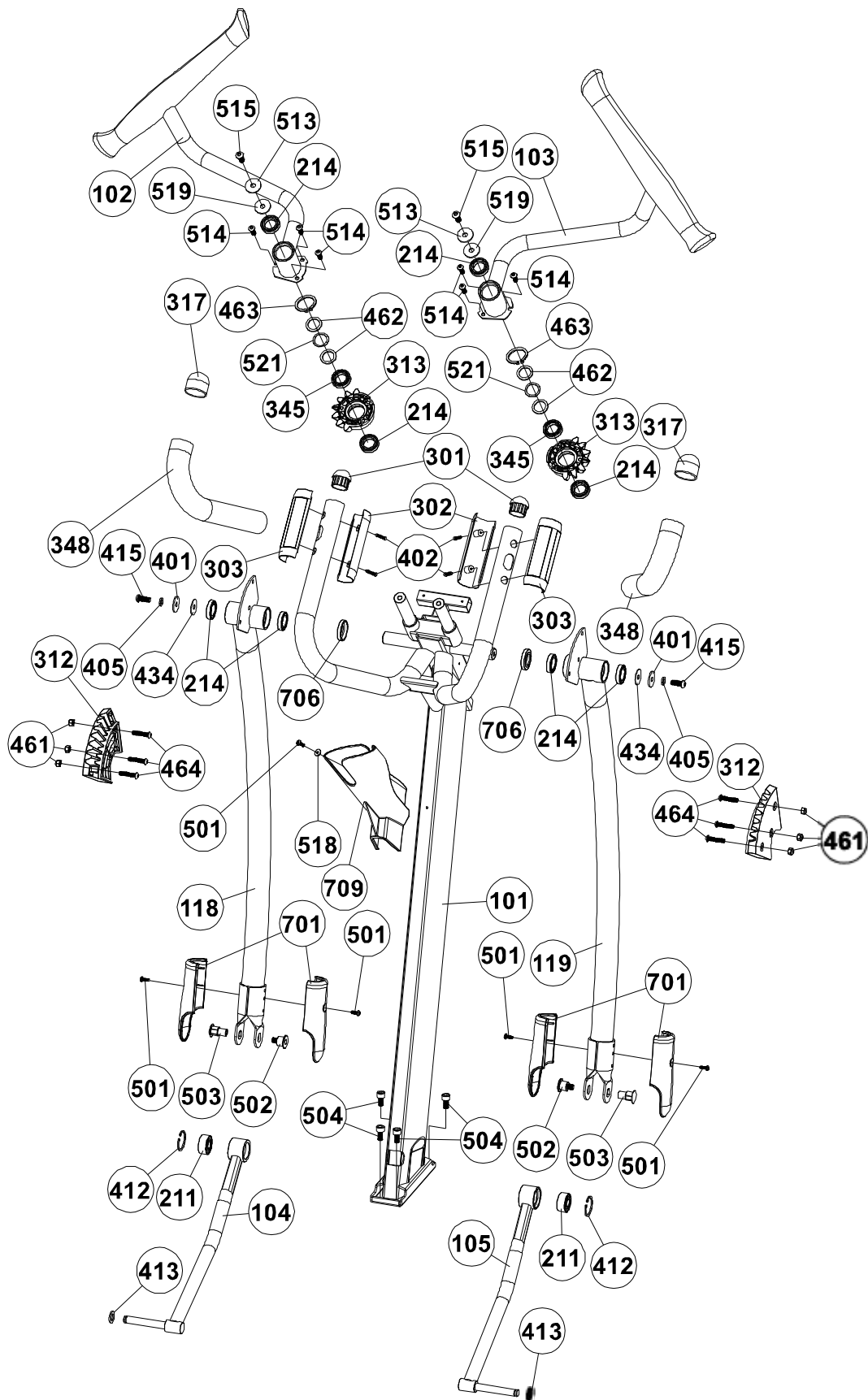
510	X2	
512	X2	

**STEP8 ASSEMBLY**

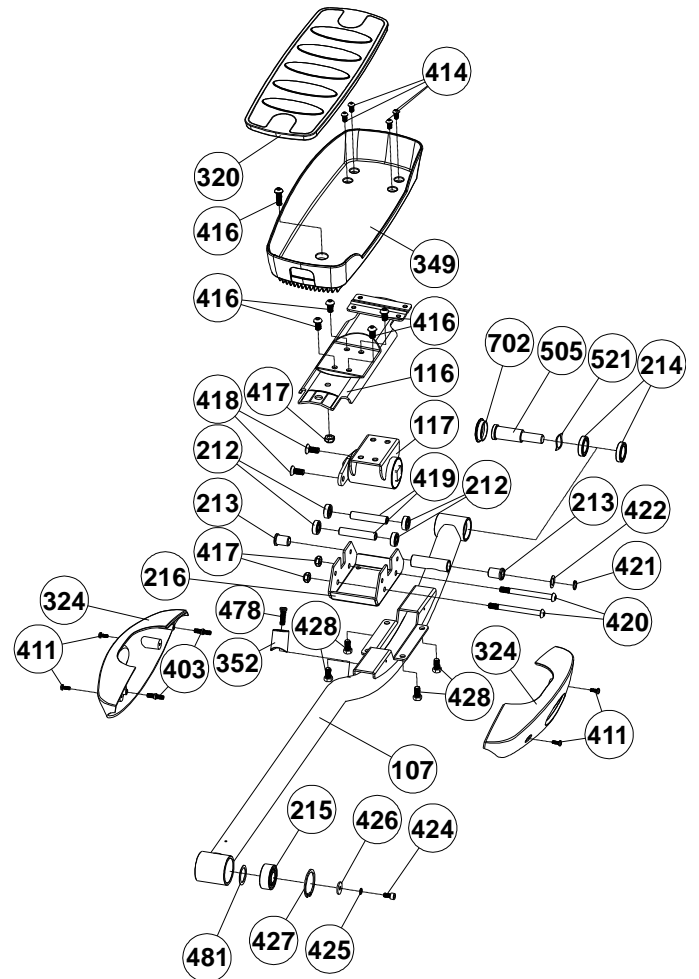
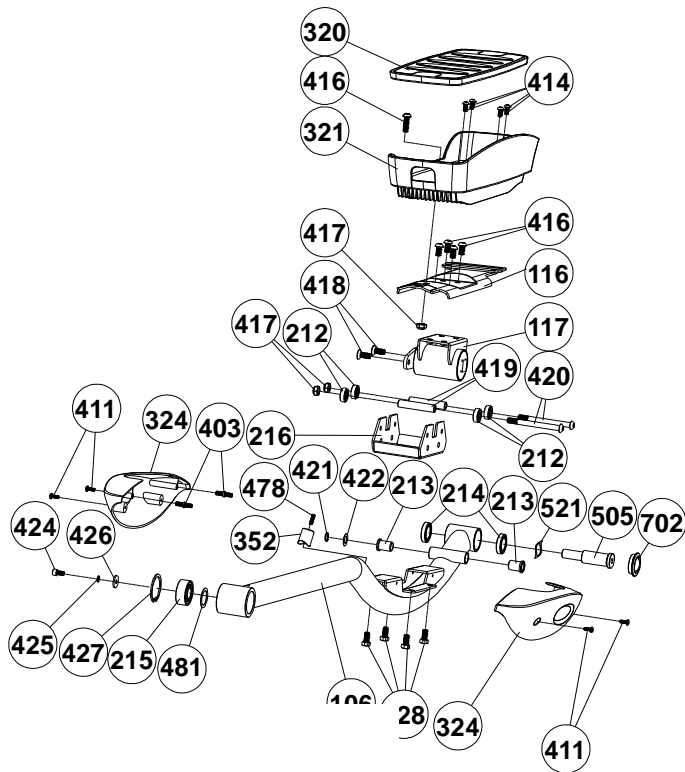
STEP8-A). Attach the Water Bottle Holder (709), and secure using Cone point screw (501) with Washer (518).

**Your cross trainer is now fully assembled.**

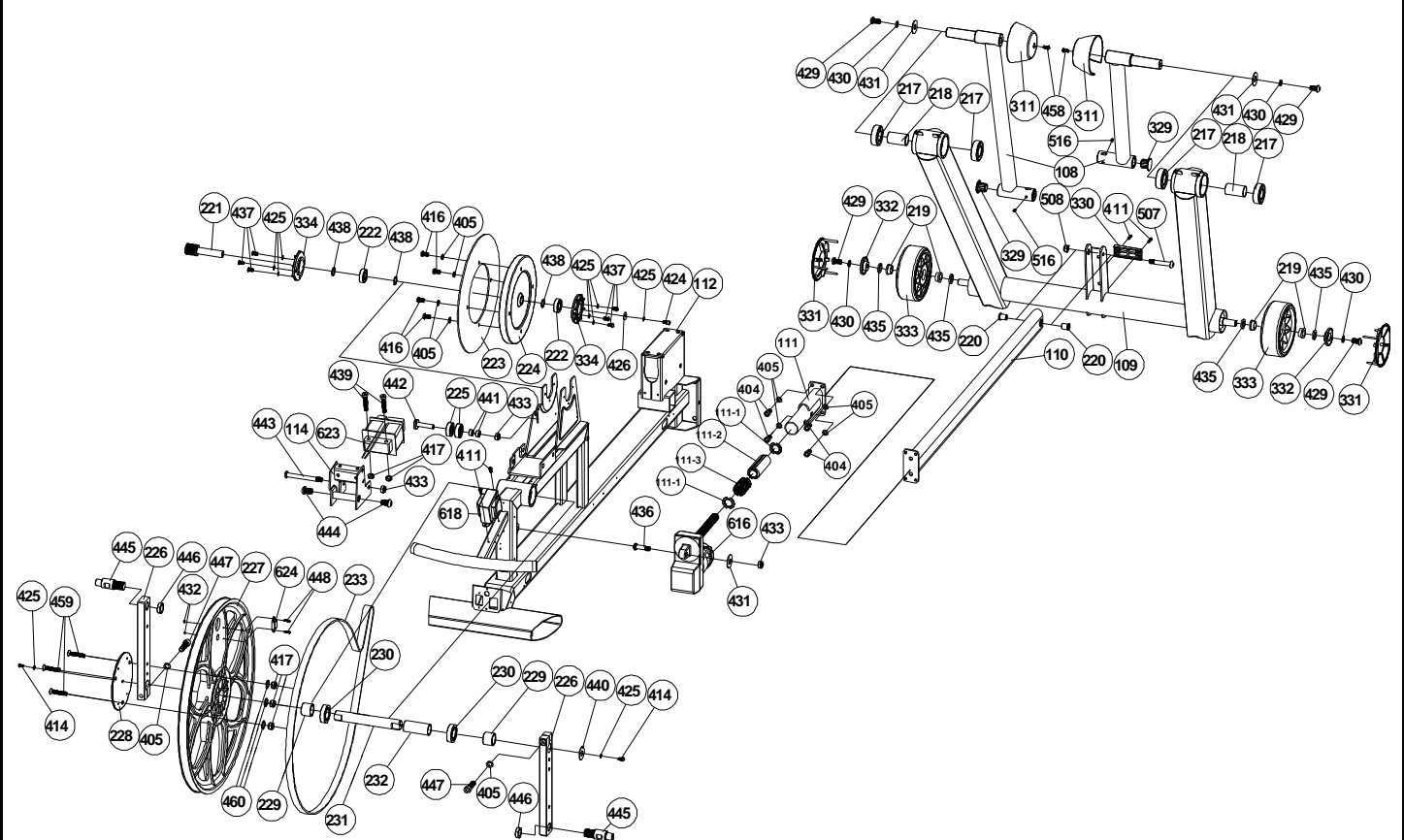
<b>501</b>	<b>X1</b>	
<b>518</b>	<b>X1</b>	

**EXPLODED DIAGRAM**

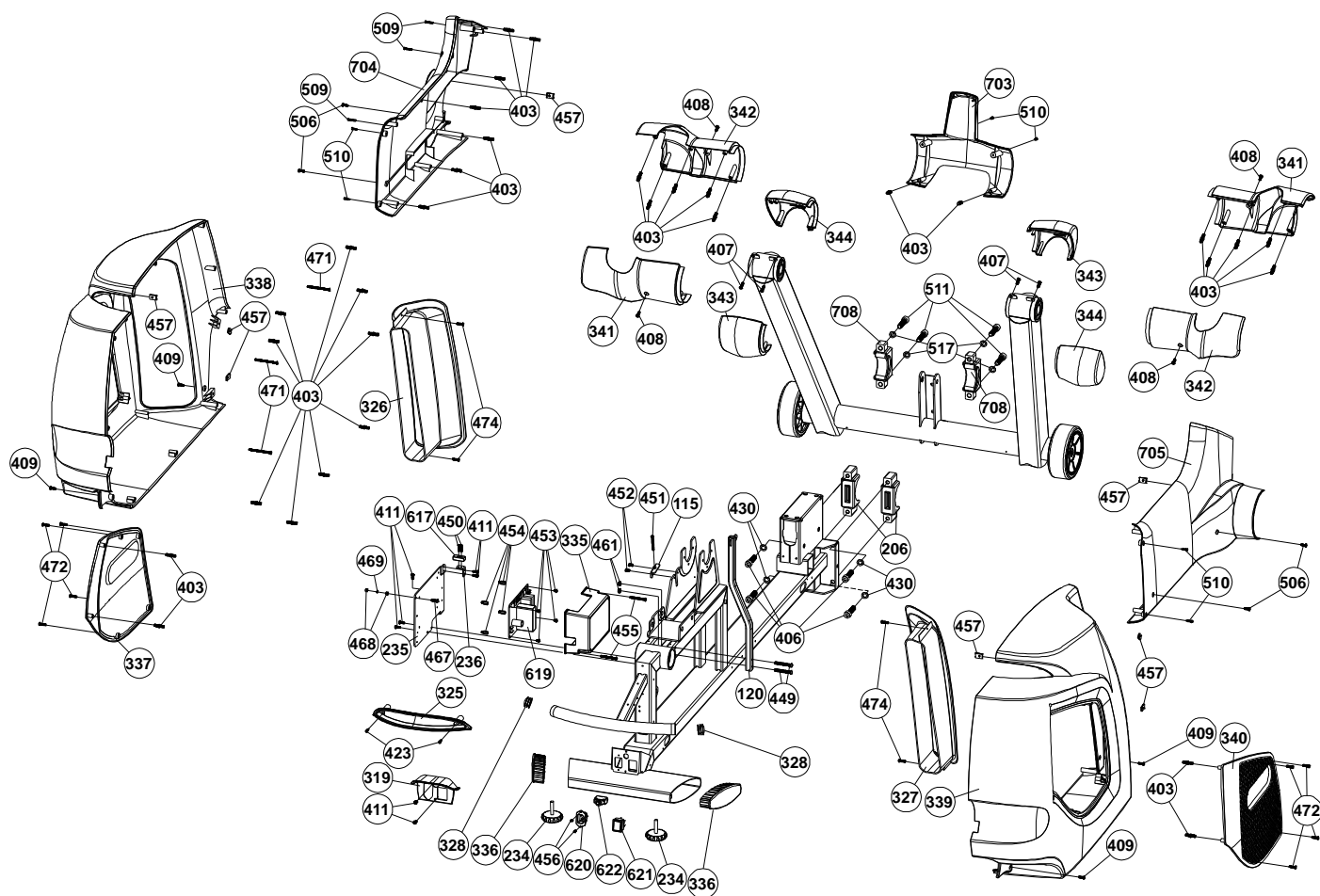
## EXPLODED DIAGRAM



EXPLODED DIAGRAM

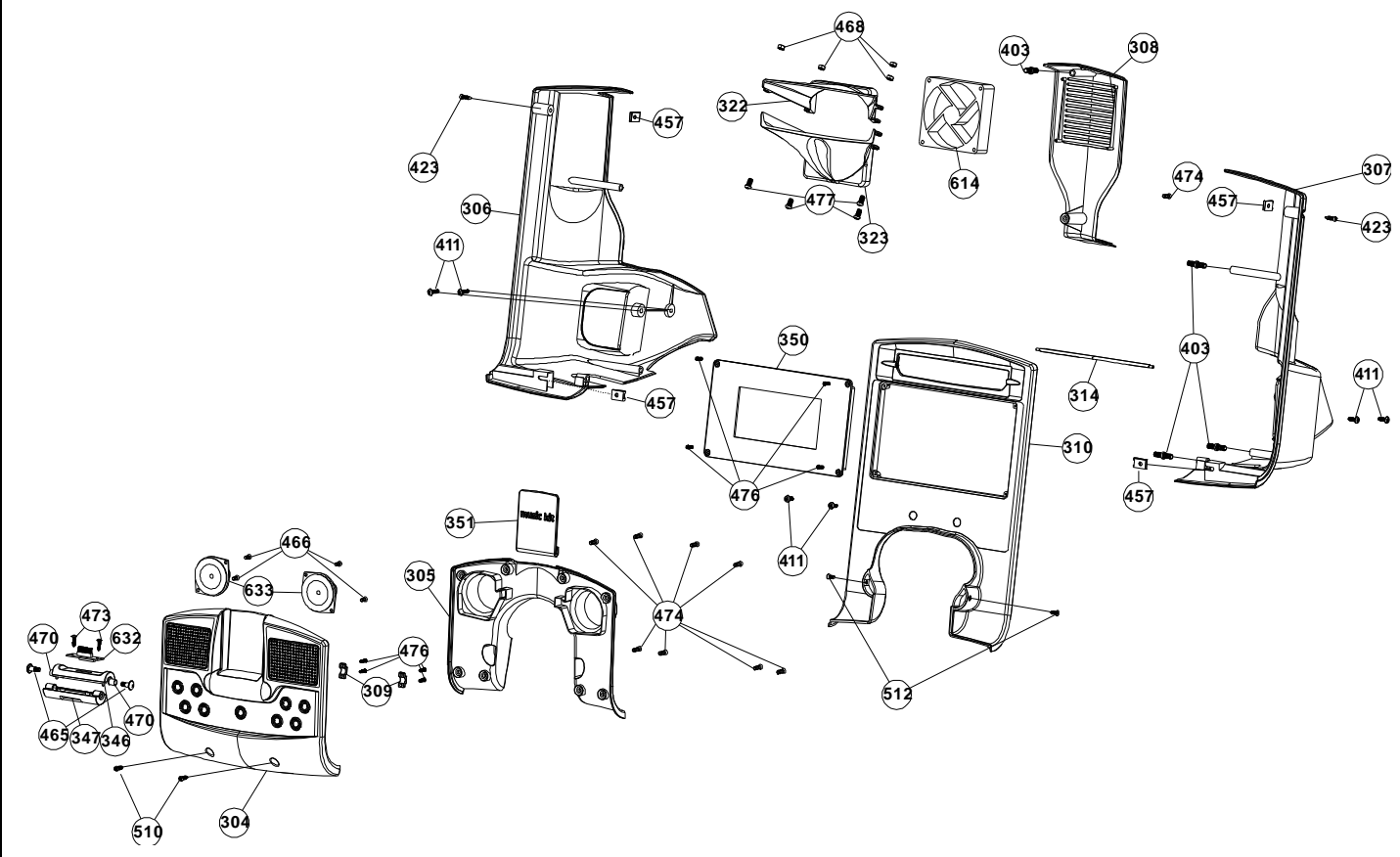


## EXPLODED DIAGRAM

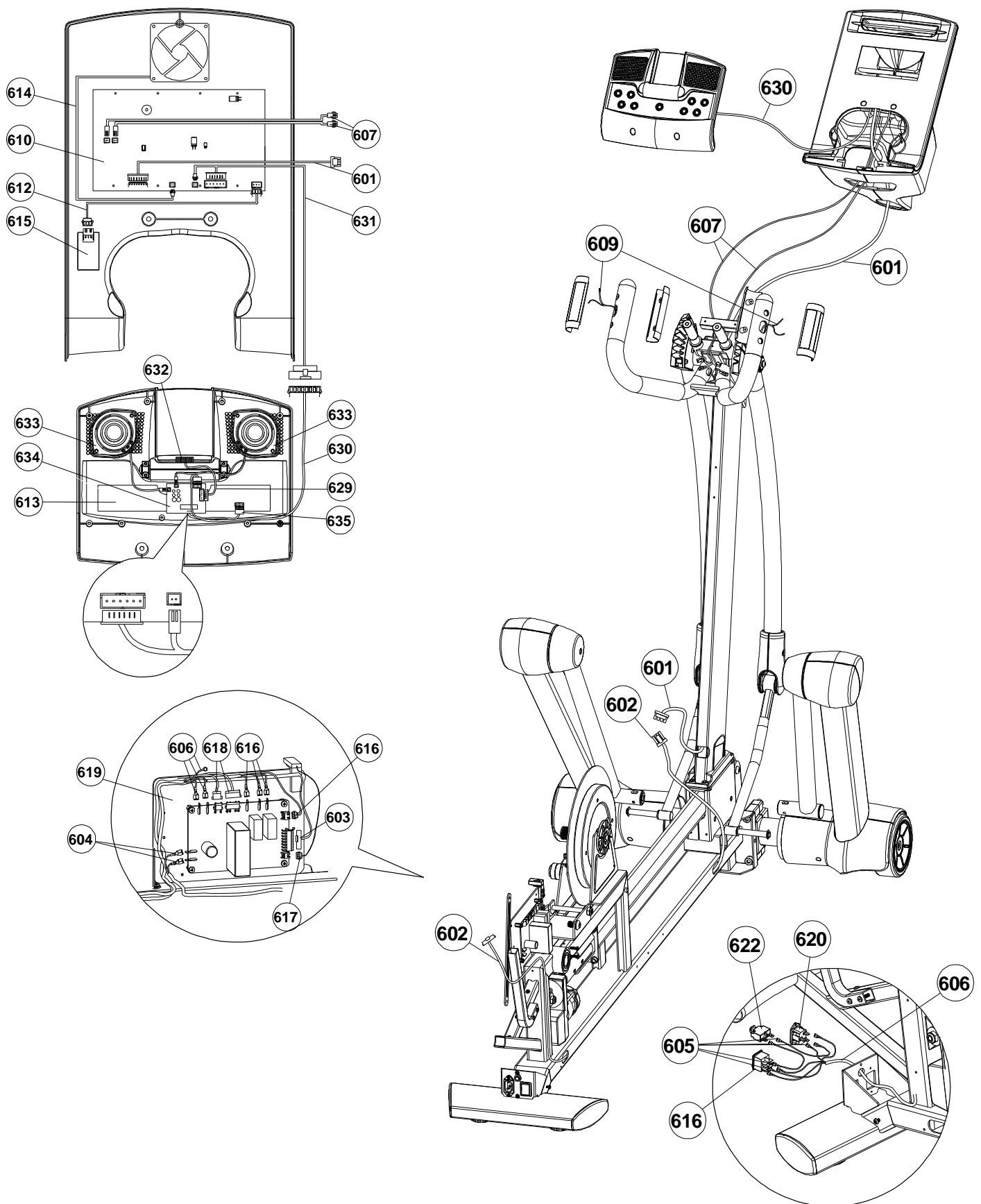




EXPLODED DIAGRAM



## WIRE DIAGRAM

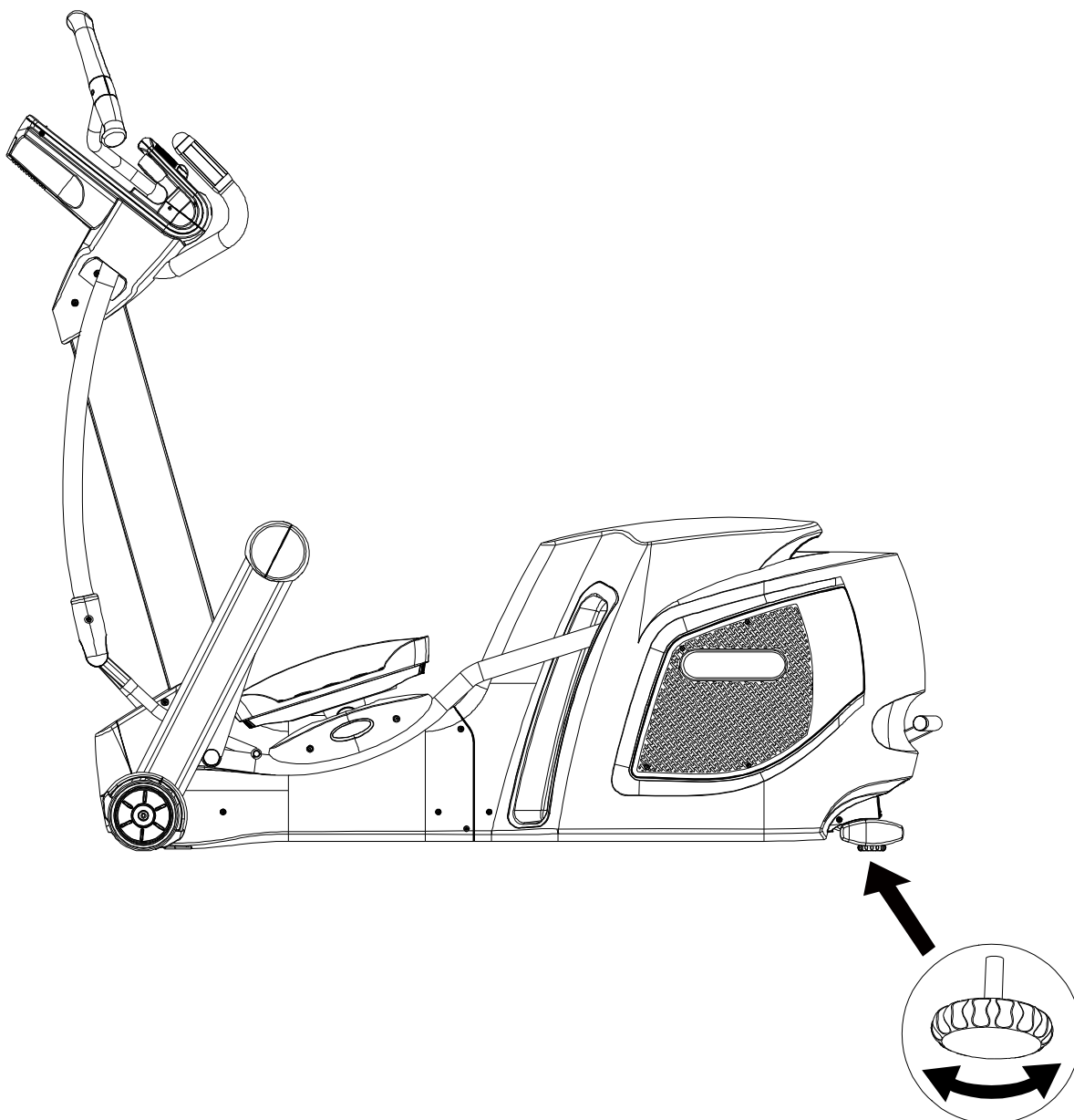


## STABILIZER ADJUSTMENT

### LEVEL ADJUSTMENT:

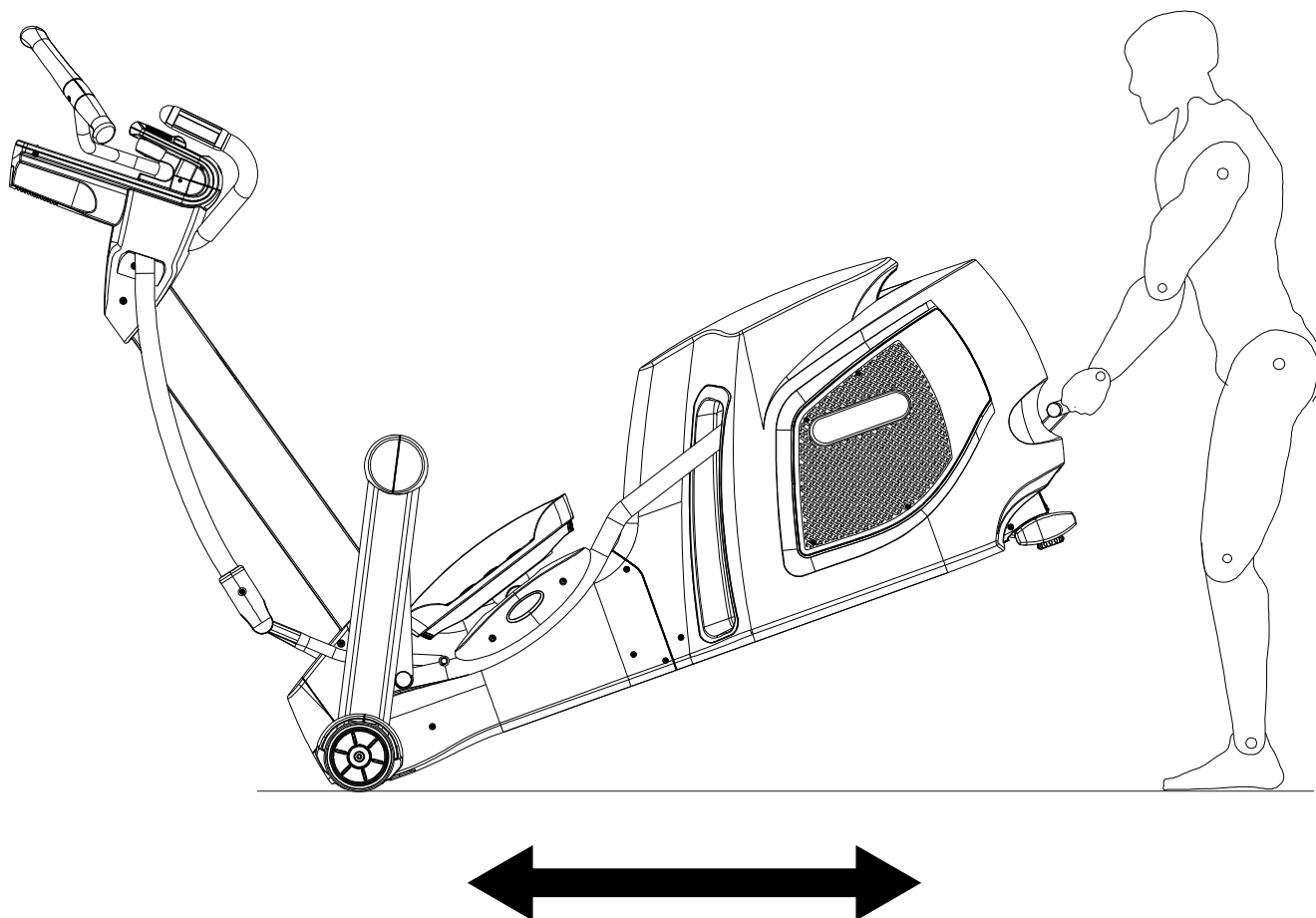
To adjust the level of the Captiva cross trainer simply rotate the Level Adjusters clockwise or counter clockwise.

Tilt the cross trainer to access stabilizers.



**TRANSPORT INSTRUCTIONS****TRANSPORT INSTRUCTIONS:**

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



## IMPORTANT STEPS

### Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

### Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

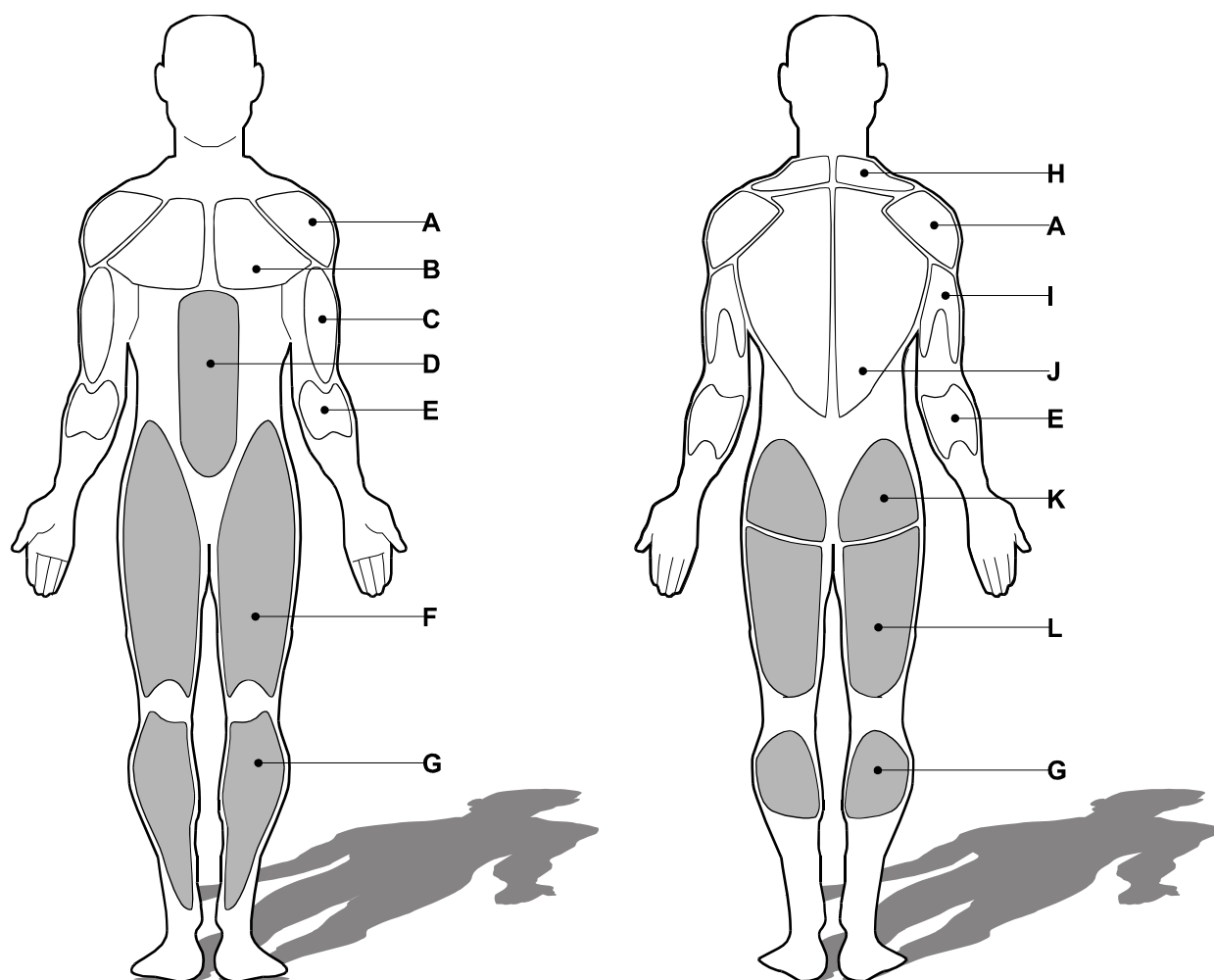


The Surgeon General  
has determined that lack  
of physical activity is  
detrimental to your health.™

## MUSCLE CHART

### Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



### MUSCLE GROUPS

<b>A</b>	Shoulder muscles	Calf muscles	<b>G</b>
<b>B</b>	Pectoral muscles	Trapezius muscles	<b>H</b>
<b>C</b>	Bicep muscle	Triceps muscles	<b>I</b>
<b>D</b>	Abdominal muscles	Back muscles	<b>J</b>
<b>E</b>	Forearm muscles	Gluteus muscles	<b>K</b>
<b>F</b>	Quadriceps muscles	Hamstring muscles	<b>L</b>

## STRETCHING ROUTINE

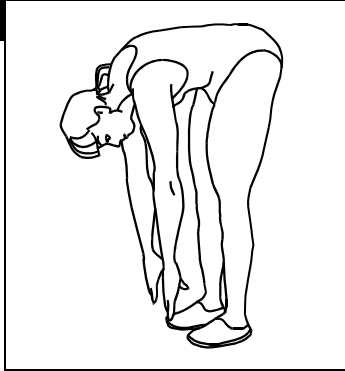
### Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

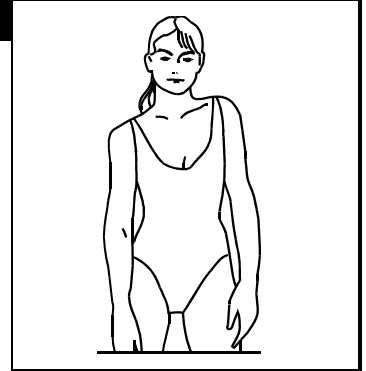
#### Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



#### Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



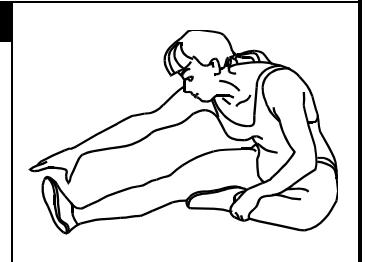
#### Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



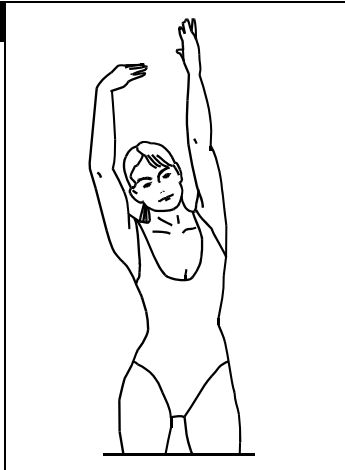
#### Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



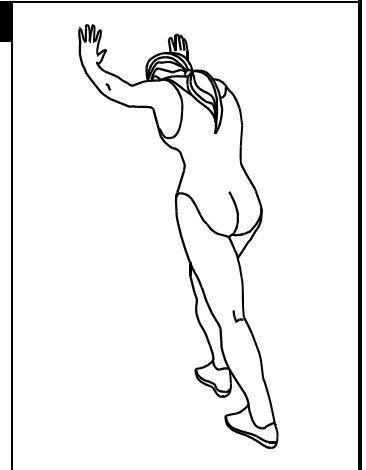
#### Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



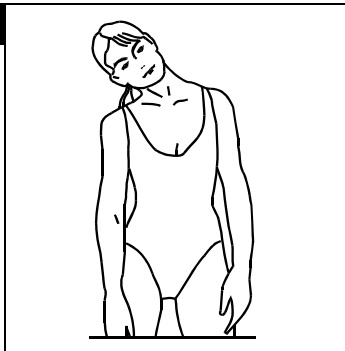
#### Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



#### Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



**WARRANTY**



**NOTE: Save this document for your records.** This warranty include all YOWZA "CAPTIVA" Products

**TO OBTAIN SERVICE:** CALL 877-969-9240 OR EMAIL [SERVICE@YOWZAFITNESS.COM](mailto:SERVICE@YOWZAFITNESS.COM) to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of \$75.00 per service issue. Service issue is defined as an approved service claim. Limit of one \$75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

**WHO IS COVERED:** THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(S) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

**WHAT IS COVERED:** This Limited Warranty covers all products that are sold under the YOWZA "CAPTIVA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

**WHAT IS NOT COVERED:** THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

**INTENDED USE:** This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "KEEWADIN" name are intended for **RESIDENTIAL USE ONLY**. See further "Circumstances and use that will void your warranty" below.

**CIRCUMSTANCES AND USE THAT WILL VOID YOUR WARRANTY:** Any use other than for residential purpose including but not limited to: use in a commercial business, use in a member paid organization or association, use in an outside the home office or location of any kind that is not the residence of the buyer, immediate household members or family. Willful disregard for the proper maintenance, use and location of the equipment. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered.

**WARRANTY PERIOD:** The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and flywheel magnetic braking system, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

**WHO WILL PAY LABOR AND TRANSPORTATION COSES:** If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

**WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE:** Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

**MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED:** No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

## WARRANTY

**DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES:** It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

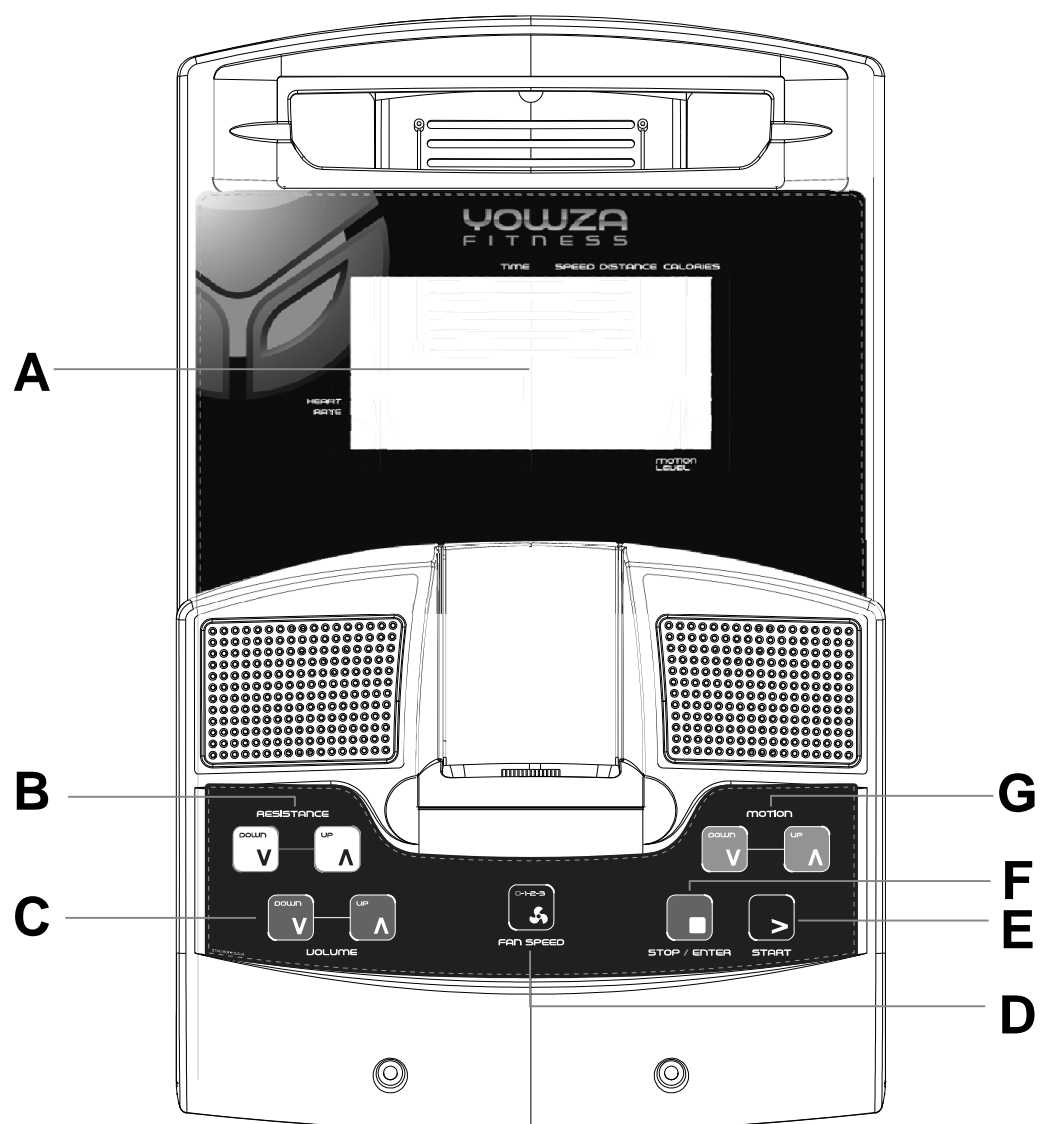
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

**EFFECT OF STATE LAWS:** Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

**ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS:** WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION



FSLCD DISALY	A	B	RESISTANCE UP/DOWN BUTTON
iPod VOL CONTROLS	C	D	FAN CONTROL BUTTON
START BUTTON	E	F	STOP/ENTER BUTTON
MOTION UP/DOWN BUTTON	G		

## COMPUTER OPERATION

### POWER ON

After connecting the power cord, switch the power button on. The LCD screen will light up.

To switch back to the power on status after the machine has already been used press the stop button twice.

### QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, SPEED, DISTANCE and CALORIES will count up when you start exercising.

### SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

### PAUSE MODE

While in the PROGRAM, without pedalling the machine for 30 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.

### BUTTONS AND FUNCTIONS

#### START button

Press START to begin your exercise.

#### STOP button

Press STOP button to pause the functions during your exercise program.

Press STOP button twice the program will return to power on mode.

Hold STOP button about 5 seconds the program will reset and return to power on mode.

#### RESISTANCE UP Button

Press the button to increase the resistance level or set up the program.

#### RESISTANCE DOWN Button

Press the button to reduce the resistance level or set up the program.

#### MOTION UP Button

Press the button to increase the motion level

#### MOTION DOWN Button

Press the button to reduce the motion level

#### I POD VOL UP Button

Press the button to increase the volume

#### I POD VOL DOWN Button

Press the button to reduce the volume

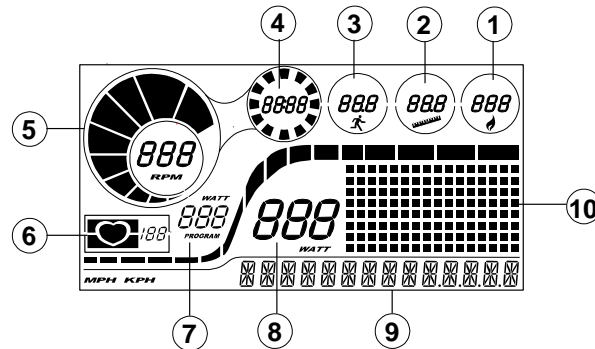
### Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:

When the computer is in the POWER ON status. Press hold Motion UP/DOWN button and then hold the "STOP" button at the same time about 3 seconds. The LCD will display ENGINEERING MODE. Press START button, the LCD will display En1, press the RESISTANCE UP/DOWN button to En3 (CONTROL MODE), and then press START button, the LCD will show M8(ELLIPTICAL-LEVEL-MPH) or M7 (ELLIPTICAL-LEVEL-KPH). Select set M8(ELLIPTICAL-LEVEL-MPH) or M7(ELLIPTICAL-LEVEL-KPH) by pressing the RESISTANCE UP/DOWN button. Press START button to confirm, and then press STOP/ENTER button to reset.

## COMPUTER OPERATION

### DISPLAY



#### **USER CODE (8)**

Press the Resistance UP/DOWN button to select the USER CODE from U1 to U9.

#### **HEIGHT (8)**

HEIGHT display range is from 20 to 100 inch. The initial HEIGHT is 67 inch.

#### **WEIGHT (8)**

WEIGHT display range is from 44 to 440 lbs. The initial WEIGHT is 150 lbs.

#### **AGE (8)**

The range of AGE is from 10 to 99. The initial AGE is 35.

#### **PROGRAM (7)**

The ranges of the PROGRAMS are from P1 to P9, the initial PROGRAM is P1.

#### **PROGRAM LEVEL (8)**

The ranges of the PROGRAM LEVELS are from L1 to L12, the initial Level is L1. The user can select circular. Each level representing two resistance steps.

#### **RESISTANCE LEVEL (8)**

The range of the RESISTANCE LEVEL is from L1 to L16.

#### **MOTION LEVEL (9)**

The range of the MOTION LEVEL is from M1 to M12.

#### **RPM DIAGRAM (5)**

The range of the RPMs is from 0 to 150.

#### **SPEED (3)**

The range of the Speed is from 0.0 to 99.9 km/h; Mph.

#### **WATT (7)**

The display range of the WATT is from 0 to 999.

#### **PULSE (10)**

The range of the PULSE display is from 0 to 199 BPM.

#### **CALORIES (1)**

The calories display range is from 0 to 999.

#### **RPM (5)**

The RPM display range is from 0 to 999.

#### **DISTANCE / PROGRAM (2)**

The DISTANCE display range is from 0.0 to 99 km/h; Mph.

The PROGRAM display range is from P1 to P9.

#### **TIME (4)**

The TIME display range is from 0:00 to 99:00. The initial TIME is "32:00"

#### **PERCENTAGE (8)**

Displays the percentage of the target zone program.

## COMPUTER OPERATION

### PROGRAM

To select one of the User programs, you will need to select the USER CODE first, press the RESISTANCE UP/DOWN button to select the USER CODE from U1 to U9. Press the ENTER button to confirm the USER CODE.

### USER HEIGHT

After the USER Code has been confirmed the display will show HEIGHT or the previous setting and begin flashing. Press the RESISTANCE UP/DOWN button to adjust the user height information, and then press ENTER to confirm.

### USER WEIGHT

After the HEIGHT has been confirmed the display will show WEIGHT or the previous setting and begin flashing. Press the RESISTANCE UP/DOWN button to adjust the user weight information, then press ENTER to confirm.

### USER AGE

After the WEIGHT has been confirmed the display will show AGE or the previous setting and begin flashing. Press the RESISTANCE UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.

Estimated Normal pulse rate =  $(220 - \text{AGE}) \times 65\%$

Estimated Maximum pulse rate =  $(220 - \text{AGE}) \times 85\%$

### P1- P12 Program Selecting Procedure

After the age has been set up press the ENTER button to confirm, the LCD will display and flash "PROGRAM1", press RESISTANCE UP/DOWN to select. Then press the ENTER button to confirm and save.

#### P1: Target time program

After you have selected "P1-Target time program" press the ENTER button. The "TIME" display will show the time of "32:00", press the RESISTANCE UP/DOWN button to adjust target time, then press the ENTER button to confirm. Press the START button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the RESISTANCE "UP/DOWN" Button. To increase or decrease the MOTION while exercising, press the MOTION "UP/DOWN" button. The program will count down the preset time, "DISTANCE and CALORIES" will count up.

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. The time counts down at the end of the program the computer will "beep".

#### P2: Target distance program

After you have selected "P2- Target distance program", press the ENTER button. The "DISTANCE" display will show the DISTANCE setting of "5.0", press the RESISTANCE up/down button to adjust target DISTANCE, then press ENTER to confirm. Press the START button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the RESISTANCE UP/DOWN button. To increase or decrease the MOTION while exercising, press the MOTION "UP/DOWN" button. The "DISTANCE" will count down the preset DISTANCE, the "TIME and CALORIES" will count up from 0. To pause the program while exercising, press the STOP button, if the STOP button is pressed after pausing the program, the computer will return to POWER ON status. The time counts down at the end of the program the computer will "beep".

### P3: Target calories program

#### P4: Fat burning program

[illegible]

After entering this program, the TIME display shows “St1”. This indicates the intensity level for the intervals. Use the RESISTANCE UP/DOWN buttons to change the intensity then press STOP/ENTER button to enter to confirm. TIME display shows factory default setting “32:00”. Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm. Press START button to start the INTERVAL INTENSITY program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press MOTION UP/DOWN to adjust the MOTION.

[illegible]

## COMPUTER OPERATION

### PROGRAM 6 – INTERVAL MOTION

After entering this program, the time display shows “St1”. This indicates the intensity level for the intervals. Use the RESISTANCE UP/DOWN buttons to change the intensity then press STOP/ENTER button to confirm. TIME display shows factory default setting “32:00”. Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm. Press START button to start the INTERVAL MOTION program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press MOTION UP/DOWN to adjust the MOTION.

TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
MOTION	St1	1	5	5	1	1	5	5	1	1	5	5	1	1	5	5	1
MOTION	St2	2	6	6	2	2	6	6	2	2	6	6	2	2	6	6	2
MOTION	St3	3	7	7	3	3	7	7	3	3	7	7	3	3	7	7	3
MOTION	St4	4	8	8	4	4	8	8	4	4	8	8	4	4	8	8	4
MOTION	St5	5	9	9	5	5	9	9	5	5	9	9	5	5	9	9	5
MOTION	St6	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
MOTION	St7	5	11	11	5	5	11	11	5	5	11	11	5	5	11	11	5
MOTION	St8	5	12	12	5	5	12	12	5	5	12	12	5	5	12	12	5

### PROGRAM 7- ENDURANCE

After the user has selected “P7” ENDURANCE program, the “SPEED” display will show “St1” Press the RESISTANCE UP/DOWN button to adjust the Level from “St1” to “St8”, press the “ENTER” button to continue the program. After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00”, press the RESISTANCE UP/DOWN button to adjust the time, press the “ENTER” button to confirm. Press the START button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the RESISTANCE while exercising, press the RESISTANCE UP/DOWN button. . To increase or decrease the MOTION while exercising, press the MOTION UP/DOWN button. The time will count down, the DISTANCE, CALORIES display will count up from 0.

TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
RESISTANCE	St1	1	1	2	2	2	4	4	4	5	5	5	6	6	6	2	2
RESISTANCE	St2	2	2	4	4	4	5	5	5	6	6	6	7	7	7	4	4
RESISTANCE	St3	4	4	5	5	5	6	6	6	7	7	7	8	8	8	5	5
RESISTANCE	St4	5	5	6	6	6	7	7	7	8	8	8	10	10	10	6	6
RESISTANCE	St5	6	6	7	7	7	8	8	8	10	10	10	11	11	11	7	7
RESISTANCE	St6	7	7	8	8	8	10	10	10	11	11	11	12	12	12	8	8
RESISTANCE	St7	8	8	10	10	10	11	11	11	12	12	12	13	13	13	10	10
RESISTANCE	St8	10	10	11	11	11	12	12	12	13	13	13	14	14	14	11	11
TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
MOTION	St1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	1	1
MOTION	St2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	2	2
MOTION	St3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	3	3
MOTION	St4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	4	4
MOTION	St5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	5	5
MOTION	St6	6	7	7	7	8	8	8	9	9	9	10	10	10	11	6	6
MOTION	St7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	7	7
MOTION	St8	8	9	9	9	10	10	10	11	11	11	12	12	12	12	8	8



## COMPUTER OPERATION

### PROGRAM 8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the resistance as the user changes their stride cadence (RPM). The intensity will be reduced when user increases RPM and the intensity will be increased when the user decreases the RPM. After the user has selected this program P8, press the "ENTER" button to continue the set up procedure. WATTS display shows factory default setting "100". Press RESISTANCE UP/DOWN button to adjust the target Watts and press STOP/ENTER to adjust TIME. TIME display shows factory default setting "32:00". Press RESISTANCE UP/DOWN button to adjust the target Time and press STOP/ENTER to confirm.

Press START button to start the WATTS program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press RESISTANCE UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
RESISTANCE	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W	25 W
TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
MOTION	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1

### PROGRAM 9 – TARGET PULSE MAIN PROGRAM

After the actual pulse rate reaches the minimum target workout pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 15 seconds. The RESISTANCE, DISTANCE, CALORIES will continue to count up from the "Warm up" section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press RESISTANCE UP/DOWN button.

If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show "NO PULSE". If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the pulse rate reaches the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate. If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, the preset time counts down to the end, the computer will stop the Target pulse program and then begin the COOL DOWN function.

### COOL DOWN –Target pulse program

After completing the Target pulse and the TIME counts down to zero there is a one-minute COOL DOWN program. The TIME display will show 'COOL' for 10 seconds and start flashing. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds 'COOL' display time). When the computer starts the COOL DOWN program, the RESISTANCE will return to the 1st Level, the "DISTANCE and CALORIES" will continue in the "Target pulse" program display and count up continue. To pause the program while exercising, press the "STOP" button. Press the "STOP" button twice and the program will return to POWER ON.

When the user selects P10 CUSTOM program and press's the ENTER button, C-1 will display and flash on the LCD. The program can allow each user to create 5 individual custom programs and store the settings for repeated workouts. To select the program from C-1 to C-5, press the RESISTANCE UP/DOWN button. Press ENTER button to confirm the selection then continue to set up. When you've selected one custom program, the LCD will display the previous setting graphics. The maximum workout time of each user program is 60 minutes. The time will count down from the preset time. To quit the custom program, press the STOP button twice. To start the preset program, press the START button.

When the user selected the P11 -30 MIN Intensive interval program and press the ENTER button, the LCD display will show St1 initially. To select the program level from St1 to St3, press RESISTANCE UP/DOWN button, then press the ENTER button to save the setting up so as to continue to set up program.

[illegible]

## COMPUTER OPERATION

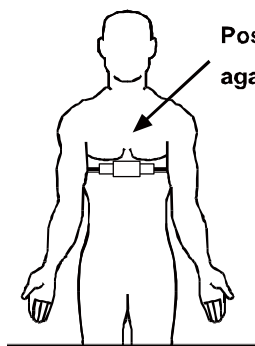
### PROGRAM 12: 45 MIN Cardio training workout program

When the user selects the P12 - 45 MIN Cardio training workout program and presses the ENTER button, the LCD display will show St1 initially. To select the program level from St1 to St3, press RESISTANCE UP/DOWN button, then press the ENTER button to save the setting up so as to continue to set up program. When the user presses the START button, the LCD display shows the WATT profile based on the user's individual settings. To adjust the WATT, press the RESISTANCE UP/DOWN button, the program will count down time from the pre-set time, and DISTANCE, CALORIES will count up from zero. When start the program, press the STOP button to pause the program, the program will come in POWER ON mode when the user press the STOP button twice. When the preset time count down has been achieved, the LCD display will stop the program along with a beep.

TIME	WATT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
RESISTANCE	St1	50	55	60	65	70	100	110	120	130	140	140	140	140	130	120
RESISTANCE	St2	80	85	90	95	100	130	140	150	160	175	175	175	175	160	150
RESISTANCE	St3	110	115	120	125	130	160	170	180	190	200	200	200	200	190	180
MOTION		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
TIME	WATT	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
RESISTANCE	St1	110	100	100	100	110	120	130	140	140	140	140	130	120	110	100
RESISTANCE	St2	140	130	130	130	140	150	160	175	175	175	175	160	150	140	130
RESISTANCE	St3	170	160	160	160	170	180	190	200	200	200	200	190	180	170	160
MOTION		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
TIME	WATT	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
RESISTANCE	St1	100	100	110	120	130	140	140	140	140	125	100	75	50	50	50
RESISTANCE	St2	130	130	140	150	160	175	175	175	175	150	130	110	80	80	80
RESISTANCE	St3	160	160	170	180	190	200	200	200	200	170	160	140	110	110	110
MOTION		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1

### USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



Position the chest belt just under the chest line  
against a flat portion of the skin.

